



## ROUNDNET CHALLENGES

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## Brain & Body Warm-Ups

WEEK 3 of 4

**Focus:** To concentrate on the process of completing a specific task or accomplishing a goal.

*Skyler's focus allowed him to become a very skilled Roundnet player.*

**Jacks Flash:** [\[YouTube\]](#)

Your Challenge: Remove all 6 pieces of paper by rolling every number on a 6-sided die in 1 minute.

Roll a die and do that number of jumping jacks. Next, remove the paper with the number that you rolled. Repeat until all papers are removed or 1-minute expires.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)

## Purposeful Practice

WEEK 3 of 4

**Hit:** To strike an object toward a specific target.

*There are several ways to hit a Spikeball to the net.*

**Hitting Challenges:** [\[YouTube\]](#)

Your Challenge: How many hits in a row can you place on target (hitting the net)?

3 in a row = Silver Medal  
5 in a row = Gold Medal

- Self-toss and hit the ball onto the net
- Self-toss towards the net and hit while moving
- Self-toss and hit onto the net using non-dominant hand

## Just for Fun (and health)

WEEK 3 of 4

**Passion:** The collection of your life experiences that give you the deepest sense of fulfillment.

*Noeline turned her passion into meaningful work that empowers young people to find their own passion.*

**Ted Talk: 2 Questions to Uncover Your Passion**  
[\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on turning passion into meaningful work.

Complete the SEL Concept Square for Passion after you watch the Ted Talk.  
[\[Google Slide Link\]](#)