Physical Activity & Personal Health

Question Set 1
1) What are two types of passing used in Roundnet?
2) What do you know about performing each pass?
3) How is passing used on offence during Roundnet game play?

Question Set 2
1) What is effort?
2) How does effort affect you and your success?
3) What does effort look like in your daily life?

Question Set 3
1) What is focus?
2) How is focus related to hitting in the game of Roundnet?
3) Let’s make a list of ways that we can improve our focus.

Question Set 4
1) What is a serve?
2) What different sports and activities require a serve?
3) Why is it important to practice serving?

Social & Emotional Health

Question Set 1
1) What is determination?
2) How does determination help you work toward goals?

Question Set 2
1) What is courage?
2) How is courage related to fear?

Question Set 3
1) What is passion?
2) What are examples of personal passions?

Question Set 4
1) What is fulfillment?
2) What are examples of things that bring people fulfillment?