



Learning Module: **Square Court Games**

### Healthy Body

I will participate in health-enhancing physical activity for at least 60-minutes each day.

### Healthy Mind

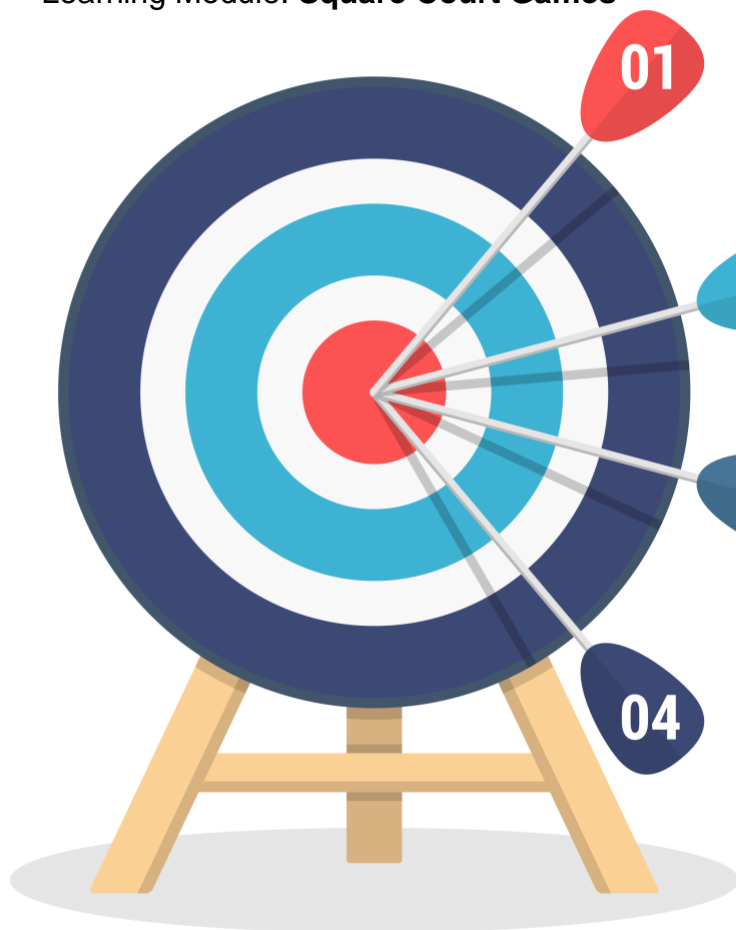
I will use constructive language to stay optimistic and encourage others.

### Enjoyment & Challenge

I will teach a friend or family member how to play a square court game.

### Building Skills

I will participate in Volley Tabata routines in an effort to build my square court game skills.



## Why are we learning this?

**Square court games are a tradition that you can help carry on.** Paint or draw courts, grab a healthy playground ball, and socialize with friends while you get a dose of physical activity.

In this module you will:

- Learn the rules and basic skills for two square court games.
- Practice respect and kindness through encouraging and constructive language.