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SQUARE
COURT GAMES

Brain & Body Warm-Ups

WEEK 1 of 4

Volley: To hit a ball or object up into the air repeatedly without catching it.

Jackson and Jill were able to volley the ball for a total of 23 consecutively hits.

Volley Tabata: [\[YouTube\]](#)

Perform this Tabata routine with a partner or against a wall. When volleying the ball, keep your fingers pointed toward the ground, play the ball to your partner, or hit it against a wall, and allow 1 bounce before each hit.

20 seconds: Volley back and forth.

10 seconds: Rest

20 seconds: Jumping jacks

10 seconds: Rest

Repeat intervals for 4 minutes.

[Tabata Music on Spotify](#)

Purposeful Practice

WEEK 1 of 4

Leader: A person who guides or influences others.

Mary demonstrated that she was a good leader by sticking up for a classmate who was bullied.

Slam Ball: [\[YouTube\]](#)

The object is to throw and catch a ball using a hoop or drawn square as a target. First player throws the ball into the hoop and the opponent must catch it. Scoring: 1) Ball does not hit inside the hoop (point for receiver). 2) Ball is not caught by receiving player (point for server). When sharing a hoop with 4 players and the two balls collide, this is a 'slam' and the players that threw each ball switch places and opponents.

Just for Fun (and health)

WEEK 1 of 4

Self-Confidence: a feeling of trust in one's abilities, qualities, and judgment.

Despite only having one hand, Kevin had self-confidence allowing him to accomplish his goals.

Believe In You Video:

"Step up. If Not You, Who? [\[YouTube\]](#)

Take a few minutes to watch this Believe in You video with Kevin Atlas and reflect on how you can build self-confidence it into your lifestyle.

Reflection Questions:

1. What is one challenge you have had to overcome in your life?
2. Who believes in you? How has that person helped you overcome challenges?