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**SQUARE**  
COURT GAMES

## Brain & Body Warm-Ups

WEEK 2 of 4

**Practice:** To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

*Trinity knew that she could improve her skill if she continued to **practice**.*

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

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

20 seconds: Volley, 1 Hand Hits Only

10 seconds: Rest

20 seconds: Invisible Jump Rope

10 seconds: Rest

Repeat intervals for 4 minutes.

[Tabata Music on Spotify](#)

## Purposeful Practice

WEEK 2 of 4

**Spirit of the Game:** An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

*Players will need to demonstrate proper etiquette and respect in order to uphold the **spirit of the game**.*

**2-Square:** [\[YouTube\]](#)

Score points by hitting the ball fairly in play, and forcing your opponent to fault (i.e., miss the return, or hit the ball out of bounds). Serves must bounce 1X in the receiving square. Outside lines are in-bounds; the centerline is out-of-bounds. Games can be played to a set point or for a set amount of time.

## Just for Fun (and health)

WEEK 2 of 4

**Action Plan:** A proposed strategy or course of action.

*Our family has an action plan in the event of a fire or natural disaster.*

**Believe In You Video:**

“Aspire to Excellence” [\[YouTube\]](#)

Take a few minutes to watch this video where Kevin Atlas interviews Mark Henry and reflect on his message.

**Reflection Questions:**

1. What goals do you have this year?  
In 5 years? In 10 years?
2. What is your action plan if you encounter obstacles along the way?