*WEEK 3 of 4*

**Perseverance**: Determination in doing something despite difficulty.

*Perseverance allowed Jacob to keep trying even when others began to quit.*

**Student Choice:**

Today you can choose which square court game you want to play!

Choose from:

* Slam Ball [[YouTube](https://youtu.be/yYY1C1JLprM)]
* 2-Square [[YouTube](https://youtu.be/AJWYpGvuREc)]

*WEEK 3 of 4*

**Perspective:** a particular attitude toward or way of regarding something.

*Tina’s perspective was to see an opportunity in the challenge she faced.*

**Believe In You Video:**

“Stronger Together” **[**[**YouTube**](https://www.youtube.com/watch?v=9x40nxBBKuE)**]**

Take a few minutes to watch this video where Kevin Atlas interviews students and teachers from Paradise High School and reflect on the message.

**Reflection Questions:**

1. What 3 characteristics would describe a “perfect friend”?
2. What can you do this week to encourage or motivate others?

*WEEK 3 of 4*

**Encouragement:** To support, display confidence, or offer hope to someone.

*Jessie provided* ***encouragement*** *to TJ to finish the game strong, even though they were both feeling exhausted.*

**Volley Tabata: [**[**YouTube**](https://youtu.be/-0YPHySUy1Q)**]**

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, Left Hand Only

10 seconds: 1 Burpee

20 seconds: Volley, Right Hand Only

10 seconds: 1 Burpee

Repeat intervals for 4 minutes.

[Tabata Music on Spotify](https://open.spotify.com/playlist/0N6GQMWDYWOUrvtzS7rFYY?si=d043408c874d48f3)