**Purposeful Practice**

**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]
- 2-Square [YouTube]

**Just for Fun (and health)**

**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]

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?