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SQUARE
COURT GAMES

Brain & Body Warm-Ups

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: [\[YouTube\]](#)

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](#)

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?