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**Etiquette**: A set of customary or acceptable behaviors among members of a group or in a specific setting.

*Bree demonstrated proper* ***etiquette*** *while playing 4-square by following the rules of play.*

**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)]

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**Kindness:** The quality of being generous, respectful, and affectionate while demonstrating a genuine concern for the well-being of others.

*People will remember how you make them feel and the* ***kindness*** *you give.*

**Believe In You Reflection:**

“Making Kindness a Habit” **[**[**YouTube**](https://www.youtube.com/watch?v=zSykmi8Hc-g&list=PLP_0C6-N4GegyH-ryOeVf2ozA4oHAjziJ&index=3)**]**

Take a few minutes to watch this video where Kevin Atlas interviews Houston Kraft and discusses kindness.

**Reflection Questions:**

1. How can you apply what you learned to your own kindness practice?
2. What are barriers or excuses that prevent someone from being kind?

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**Relationship:** The way in which two or more people or things are connected.

*Sherri developed strong* ***relationships*** *because she respected her friends.*

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

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, 1 Hand Only

10 seconds: 2 Perfect Push-Ups

20 seconds: Volley, 2 Hands Only

10 seconds: 2 Perfect Push-Ups

Repeat intervals for 4 minutes.

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