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SQUARE
COURT GAMES

Brain & Body Warm-Ups

WEEK 4 of 4

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

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

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

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](#)

Purposeful Practice

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

Just for Fun (and health)

WEEK 4 of 4

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” [\[YouTube\]](#)

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?