**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**

**WEEK 4 of 4**

**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?