**HWES Physical Education**

**Week 11**

**Grades Spatial Awareness/Manipulative Skills**

**4th-6th Volleyball Passing/Rotation**

**Muscle of the Month: Bicep**

**Exercises (10 minutes)**

* 10 Jumping Jacks
* Arm Stretches (R/L)
* Leg Stretches (R/L/Middle)
* On your Bottom
* Leg Stretches (R/L/Middle)
* Butterfly
* 10 push ups

**I CAN….understand spatial awareness while incorporating manipulative skills.**

**Lesson (25 minutes)**

Equipment Needed: 4 volleyball stands, 10 volleyballs, 2 nets

Instructions: Passing

* Demonstrate how you should stand to pass the volleyball.
  + Legs bent
  + Bottom down
  + Arms out and long
* Have the students find a partner, if an odd number one group of 3.
* One student will toss their partner the ball 10 time having their other partner “bumping” it back to them.
  + After 10 successful passes, then they will switch.
* After both players have been both the passer and tosser they will then work on bumping it back and forth to each other without letting it hit the ground.

Setting:

* Demonstrate the correct way to set the ball
* Have the student set to each other the same routine they did with bumping

Rotation

