**HWES Physical Education**

**Week 12/13**

**Grades Spatial Awareness/Manipulative Skills**

**4th-6th Officiating/Rotation/Lead-up game**

**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 while performing a lead up volleyball game.**

**Lesson (25 minutes)**

Equipment Needed: 1 volleyball net, 2 stands, 1 ball, bracket

Instructions:

* Divide the class into 4 equal groups
  + Two teams will be playing against each other while one team is sitting out and the other is officiating the game being played.
  + Review some of the officiating rules
* Have the students come up with their own name for their team
* Practice
  + The first game the students have to throw and catch the ball over the net 1 time until one team scores. Play to 5.
  + The second game the students have to catch the pass from the other team and pass it to their teammates twice before throwing the ball over. Play to 5
* Single elimination bracket play