**HWES Physical Education**

**Week 9**

**Grades Spatial Awareness/Manipulative Skills**

**4th-6th Volleyball Passing**

**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:

* 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.

Game: Volleying over the net

* Split the class into 4 teams
* Have one team on each side of the net in a straight line
* (you) toss the ball up to one side of the net and have the student bump it over the net to make a successful pass to the team on the other side.
* COMPETITION: See which court can make the most successful passes without letting it hit the ground before it is time to line up.

Extra Time: Setting