

# Fun with Volleyball in Physical Education

Mrs. Arroyo's and Mrs. Sarwark's class:

Date: 2/16/10

Your children are having such a wonderful time in P.E. As mentioned in a previous newsletter, two or three children will be **recognized** for something special they have done. If a child is recognized, there may be others that did great, too. A child will be in the newsletter only one time, and every child will be recognized. They are all great!

Earlier this year, the kids were learning **volleyball skills**: 1) the **overhead set**, 2) the **bump**, and 3) the **underhand serve**. They learn the correct form so they may be accurate and play with power. They practice each skill with trainer volleyballs against the wall with their partners. After they get more practice, I will have them tossing to their partner, their partner then sets or bumps it back. It is wonderful to see their sets and bumps high in the air and with more accuracy!

We want all of the kids to **continually play better**. If any of the kids do an outstanding job, I ask them to challenge themselves by playing from a farther distance. They get excited when this happens. The more they practice, the more kids get challenged. This idea or strategy is used for many other activities, too.

An underhand serve game they love to play is **Clean Your Back Yard**. We use many balls. There are two teams. Each person may pick up any ball they find and **quickly** underhand serve far to the other team. I blow the whistle at any time, then I count the beach balls on each side. The team that has the fewest beach balls on its side has the "cleanest back yard", and is the winner.

When playing **Clean Your Back Yard**, it helps to have the power to serve it high and deep over the opponents' heads. Both **Joel** and **Erik** have the strength and coordination to "skyrocket" the ball far, far into the other court. Awesome!

**Four Corners**" is simply one of the best games. All the kids want to be the guesser, so I promised everyone would be a guesser before the school year ends. So we play it a lot. I count to ten. The guesser's eyes are closed. Everyone runs to one of four corners. The guesser chooses one corner. The kids in that corner are now out and go to the center and do an aerobic exercise (no one stands idle) while I count to ten again. The guesser loves to choose the "jackpot", which is the corner with the most kids. Eventually only one person is left; then that person is the new guesser. It's "a thrill a minute".

Soon, this newsletter will be on the P.E. district website. If you have any comments, you may e-mail me at [sblogg@d107.org](mailto:sblogg@d107.org).

Thank you,

Ms. Blogg