

GLEBE ELEMENTARY SCHOOL

PHYSICAL EDUCATION DEPARTMENT

For this volleying unit, you may use balloons, beach balls, light ball, etc. Whatever you have lying around... Even an inflated latex glove can work! If you only have a ball that bounces, feel free to “volley” downward and practice dribbling.

VA SOLs covered throughout this unit (volleying skills, anatomy, and nutrition concepts):

Kindergarten	1 st grade	2 nd grade
K.1.c - demonstrate volleying object upward with various body parts	1.1.c - demonstrate volleying object upward with various body parts	2.1.a - demonstrate individually and with partner consecutive upward volleying with hand
K.1.g - demonstrate low, medium & high levels	1.1.i - demonstrate low, medium & high levels	2.1.f - demonstrate skill using increased force (hard) and decreased force (soft) with control
K.2.a - explain that the body has muscles and bones that help the body move	1.2.b - explain that muscles attach to bones to help the body move	2.2.d - identify major muscles to include quadriceps, biceps, abdominals and heart
K.3.b - identify activities that can be done at home to keep the body healthy	1.5.a - name the food groups as identified by USDA	2.3.g - identify opportunities to participate in regular physical activity outside of school
K.5.b - Identify one fruit and one vegetable	1.5.b - name one food from each group	2.5.b - identify healthy snacks

First let's warm up our bodies to get our muscles ready for activity:

- 20 Jumping jacks



Get that **heart** pumping!

- 20 Shoulder slaps



Feel your **biceps** in your arms get stronger as you tap your opposite shoulder

- 20 good squats



Use your **quadriceps** in your thighs to lower and lift your body

- 5 Seat twirls in each direction



Get your **abdominals** in your belly working hard!

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Volleying challenge checklist - Practice the following:

- Tap the balloon or ball with your hand 5 times
- Tap the balloon with one hand and then the other, back and forth, 10 times
- Tap the balloon with a different body part and then with your hand 5 times
- Pick 5 different body parts to strike the balloon with
- Can you hit the balloon with a body part and then catch it
- Volley the balloon or ball 5 times, then 6, then 7 all the way up to 15
- Can you hit the balloon using two body parts and catch it? (elbow, head, catch) 5 tries
- Can you toss it in the air, kick it up with your foot and catch it 5 times?
- Kneel down at a medium level and volley the balloon with your hands 5 times in a row
- Kneel down at a medium level and tap the balloon from your head to your hand 5 times
- Lie on the floor at a low level and volley the balloon with your hands and kick it back with your feet 5 times
- Lie on the floor at a low level and volley the balloon up in the air by using 5 different body parts
- How high can you tap your balloon in the air? (5 tries)
- Can you tap it high and then tap it low to the ground? (5 times)
- Balance the balloon on the back of your hand and see how long you can balance the balloon before it falls to the ground (5 tries)
- Try and balance the balloon on your feet while lying on the ground with your legs up in the air (try to balance for 10 seconds)
- Use a fly swatter, paper plate, or tennis/badminton racket to balance the balloon on top of these while you are navigating around obstacles in your house or apartment
- Make a 'net' by tying a piece of string between two chairs and then hit the balloon back and forth with someone

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Additional Second Grade Challenges:

- Walk and volley/strike your object while you move for 30 seconds (see if you can keep it up without dropping it!)
- Skip or gallop around while you volley
- Use different body parts to strike your object while you travel around in good space
- Volley back and forth with a partner 10 times, then 15 times, then 20, and so on to see how many in a row you can do together
- Stand 5 steps away from an object or a spot on a wall and see if you can volley your object to that target (5 tries)
- Try volley upward, let it hit the ground and catch it as it comes back up (5 times)
- Push down, let it bounce and volley it upward as it comes up, then catch (5 times)
- Partner contest: How FAR can you volley your balloon or ball? Use something to mark its place! Remember to use force and strike it hard!

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Day 2 activities:



Now that you have worked through the skills checklist and have had some practice, let's play some games!

Let's warm up our bodies again! Today however, for each exercise, **say** the muscle you are working during each exercise

- 20 Jumping jacks



Say **"HEART"** for each jumping jack

- 20 Shoulder slaps



Say **"BICEPS"** for each shoulder slap

- 20 good squats



Say **"QUADRICEPS"** each time you squat

- 5 Seat twirls in each direction



Say **"ABDOMINALS"** each seat twirl

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Balloon landing:

Make a circle on the floor. You can use a hula hoop, a string, some clothes, or anything you can put together to make a circle.

Try to volley your balloon or ball up and have it gently land inside the circle. If it hits the circle, one point. If it lands in the middle of the circle, 3 points.

Take a step backwards and see if you can do it again. See how far back you can stand and still make an arc and land in the circle. Challenge someone else at home to a contest!

Ball or balloon hot potato:

Quick volleys back and forth with a partner while music plays or while you sing a song. When the song stops (or someone stops the music), the person who has the ball/balloon has to do 5 jumping jacks. If it was a bad volley over someone's head and the music stops, the person who volleyed it (not to their intended target) has to do the jumping jacks. Feel free to change the exercise, sing different songs, etc.

Volley dice challenge:

Roll a dice and see what you get! Whatever you roll, check the list below for your directions:

- 1 - volley with a flat hand (palm up) and see how many in a row you can do
- 2 - volley with your head to see how many in a row you can do
- 3 - volley with your elbow upwards
- 4 - volley with the back of your hand
- 5 - keep it up with your feet
- 6 - pick a flat surface to volley with!



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Anatomy Challenge – Can you label the picture below with the 4 muscles we've been working on during warm ups?

Word Bank:
Quadriceps
Biceps
Abdominals
Heart

