

## **PHYSICAL EDUCATION LESSON NET GAMES**

### **“NOT IN MY BACKYARD”**

**EQUIPMENT:** 2 Standards, volleyball net, and gator balls

**FOCUS:** Rolling, throwing, basic mobility, and quickness

**ACTIVITY:** (15-18 min.)

**Organization:** Set up the volleyball net in the middle of the gym. Put the net at a height of about 5 feet. Divide the class into two teams. Throw out the same number of gator balls on each side of the court. Explain to the students that these balls are pieces of trash and that they do not want in trash in their yard. They are to put the trash in their neighbor's yard. Demonstrate to the students the proper way to throw, roll, and kick a ball. They should have learned all these skill before; it should be a review for them.

**“Not in my Backyard”:** On the signal, both teams begin throwing the gator balls over the net to the other “yard”. Play one round for about two minutes and then blow the whistle. When you blow the whistle, all must freeze, and wait while you count each side’s items. The team with the least amount of trash in their yard at the end of the game is the winner. The side with the most balls in their yard loses. Switch skill (throwing, rolling, kicking, etc.) and play again.

### **“CATCH A FALLING STAR”**

**EQUIPMENT:** 2 Standards, volleyball net, and gator balls, 2 boxes

**FOCUS:** Throwing, catching, basic mobility, and quickness

**ACTIVITY:** (15-18 min.)

**Organization:** Set up the volleyball net in the middle of the gym. Put the net at a height of about 5 feet. Divide the class into two teams. Throw out the same number of gator balls on each side of the court

**“Catch a Falling Star”:** On the signal, both teams begin throwing the gator balls over the net. If a player is able to catch a ball before it hits the ground, the ball is placed in his/her team’s box. Play until all of the balls (falling stars) have been caught and then count the number of stars in the boxes. Since the game goes very quickly, several rounds can be played in a short time.