**SERVES UP**

**Set-Up:**

* Use 4 cones to set up a boundary area for each group.
* Place a volleyball net (or a line on the floor, jump rope on the ground, etc.) in the center of each group’s activity space.
* Create groups of 4 players. 1 player begins with the ball on one side of net, and other 3 students begin on the opposite side of the net facing the student with the ball.

**How to Play:**

* It’s Game Day! This Physical Health activity is called *Serves Up*. The object of the game is to communicate effectively with your teammates to score points against the server.
* On the start signal, the server will call out “Serves Up!” and then underhand serve the ball over the net. The 3 teammates on the other side of the net must work together to complete the pattern of bump, set, catch. *Teacher note: you can also allow the pattern of set, bump, catch.*
* If the 3 teammates successfully complete the pattern, they receive 1 point. If they do not complete the pattern (e.g., ball hits the ground, same person hits it twice, etc.) the server gets the point. If the serve does not stay inside the boundaries, nobody receives a point. The server gets 3 serve attempts, and then the group rotates in a new server.
* Continue to rotate in a new server after 3 attempts until you hear the stop signal. Then we will see who has the most points from each group!

**Physical Health Game-Day Fact:**

* We all want to be successful, and we want the people that we care about to be successful too. We know that grit is an important characteristic and we want to prove to the world that we have it. There is grit inside every person, but we all need reminders sometimes that we have what it takes. Find small ways to create positive surroundings for yourself and others, and purposefully place positive things into the spaces where we live and play.