Volleyball

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

Enduring Understandings

Your mind must know what your body is doing.

Rules are restrictions and opportunities.

Rules are established for a safe and healthy environment.

A team is more than a collection of individuals.

Essential Questions

How do I reach the next level of performance?

How does following the rules help you to play better?

What makes a good team?

Content

Vocabulary

Serving, bumping ,bumping, rally point, illegal hit, legal serve, match, rotation, simultaneous contact, spike, playing the ball.

Learning Objectives

Demonstrate mechanically the correct form and control when serving, setting, bumping and spiking in game-like setting.

Compare and contrast offensive and defensive strategies used in playing volleyball.

Detect and correct errors in serving, setting, and spiking and modify it.

Demonstrate good sportsmanship and teamwork.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.