Competitive Volleyball

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 2**
Length: **3 weeks**
Status: **Published**

Standards

2.1.12.CHSS.6	Evaluate the validity of health information, resources, services, in school, home and in the community.
2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting

someone, making friends, team work, building trust, experiencing something new).

Enduring Understandings

1. Physical and cognitive skills are necessary to participate at a competitive level in the sport of volleyball. **HE.9-12.2.2.12.MSC** - Movement Skills and Concepts- [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

2. Knowledge of rules and advanced strategies are essential to creating a competitive atmosphere. **HE.9-12.2.2.12.MSC** - [Core Idea] - The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.

3. Establish advanced offensive and defensive skills and strategies in order to competitively participate in game play. ***HE.9-12.2.2.12.PF*** *- Physical Fitness - [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

4. Develop and utilize positive teamwork skills while competing in game situations. **HE.9-12.2.2.12.MSC - -** *[Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.*

5. Develop sportsmanship skills that foster positive game play and reinforce attributes congruent with competitive volleyball games. **HE.9-12.2.2.12.MSC - -** *[Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.*

Essential Questions

1. In what ways does competitive volleyball differ from the more basic volleyball class offered?
2. How does participating in competitive volleyball establish an awareness and appreciation for living a healthy active lifestyle?
3. How does sportsmanship play a role in the creation of a solid competitive atmosphere?
4. What skills must be refined in order create competitive game play?
5. In what ways can a student improve upon their physical and cognitive skills throughout the unit of competitive volleyball?

Knowledge and Skills

Performance expectations are:

- Demonstrate and execute advanced knowledge of volleyball skills. ***HE.9-12.2.2.12.MSC.1***
- Develop advanced knowledge of defensive strategies. ***HE.9-12.2.2.12.MSC.4***

- Gain knowledge in offensive and defensive strategies and apply to advanced tournament play. ***HE.9-12.2.2.12.MSC.4***
- Demonstrate advanced sequencing of hits for strategic game play. ***HE.9-12.2.2.12.MSC.2***
- Develop proper safety procedures and the ability to work well with other students through competitive play. ***HE.9-12.2.2.12.LF.4***

Transfer Goals

1. Students will be able to independently participate in lifelong activity.
2. Students will be able to independently rely on healthy outlets, for stress, anger and anxiety, for our students

Resources

USA Volleyball Lessons - https://usavolleyball.org/wp-content/uploads/2020/12/High-school-lesson-plans.pdf

Teaching Goals, Objectives, Glossary, Cue Words - https://usavolleyball.org/wp-content/uploads/2020/12/HS-glossary.pdf

Volleyball Basics - https://www.youtube.com/watch?v=5WSoD1deUFY

Additional Ideas - https://www.pecentral.org/LessonIdeas/ListAll.asp?page=2

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit