

# Unit 4 - Volleyball

Content Area: **Unified Arts**  
Course(s): **Physical Education 8**  
Time Period: **October**  
Length: **6 weeks**  
Status: **Published**

## Unit Summary

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## Standards

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HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn to bump a volleyball.
- Students will learn to set a volleyball.
- Students will learn to serve a volleyball.
- Students will learn offensive attack.
- Students will learn to rotate and keep score.

## Essential Questions

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- Why are team activities important?
- What skills can I use in other settings?
- Why is communication vital for team success?

## Enduring Understandings

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- Students will understand that volleyball is a lifelong activity which requires proper skill, strategy, and knowledge of volleyball in order to have success.
- Students will understand that a team sport requires strategy, teamwork, cooperation, sportsmanship.

## Application

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## Skills

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Students will be skilled at:

- 4 cues to bump: athletic position, hand grip, chin down, follow through.
- 4 cues to set: window, fingertips, athletic position, hands in front of face.
- 3 cues to underhand serve: step in opposition, heel of your hand, follow through to your target.
- 3 Cues to Overhand Serve: step in opposition, toss, elbow above your shoulder, follow through to your target.
- Rotation pattern.
- Rally Scoring such as game to 25 and score every point.