

Unit 7: Volleyball 4

Content Area: **Unified Arts**
Course(s): **Physical Education 4**
Time Period: **January**
Length: **8 Classes**
Status: **Published**

Unit Summary

Volleyball is a common sport for many children. It is important for students to use the basic skills of volleyball in an isolated setting and also game like setting in case they would like to play in a recreational league or with friends and family. The games will help the students with spatial awareness, movement as a team, offensive strategies, defensive strategies, and keeping score.

Standards

HE.3-5.2.2.5.MSC.1	Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).
HE.3-5.2.2.5.MSC.3	Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).
HE.3-5.2.2.5.MSC.4	Develop the necessary body control to improve stability and balance during movement and physical activity.
HE.3-5.2.2.5.MSC.6	Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.
HE.3-5.2.2.5.MSC.7	Apply specific rules, strategies, and procedures for specific physical activity, games, and sports in a safe active environment. Teams apply offensive, defensive, and cooperative strategies in most games, sports, and physical activities.

Student Learning Objectives

Students will learn to:

- perform proper bumping technique in a game setting.
- perform proper setting technique in a game setting.
- perform proper serving technique in a game setting.
- demonstrate defensive/offensive strategies with a team in a game setting.

Essential Questions

How does following the rules improve the games?

Why are team sports important?

Enduring Understandings

The students will understand that volleyball is a game that requires proper technical skills, movement, defensive/offensive strategies, and teamwork in order to play effectively.

Application

Students will be able to independently use their learning to transfer skills from an isolated setting to a modified game setting to a full volleyball game.

Skills

Students will be skilled at:

- using proper form when bumping.
- using proper form when setting.
- using proper form when serving underhand.
- using offensive strategies.
- using defensive strategies.
- positioning on the court.
- rotating on the court.
- working in teams.
- communicating.