

Unit 8: Volleyball 5

Content Area: **Unified Arts**
Course(s): **Physical Education 5**
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 in a 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

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 participate in a round robin volleyball tournament.

Skills

Students will be skilled at:

- using proper form when bumping.
- using proper form when setting.
- using proper form when serving underhand.
- utilizing offensive strategies.
- utilizing defensive strategies.
- appropriately positioning on the court.
- rotating on the court.
- working as a team.
- communicating.