

# Unit 09: Volleyball

Content Area: **Template**  
Course(s):  
Time Period: **Full Year**  
Length: **FY**  
Status: **Published**

## Standards Alignment

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### New Jersey Student Learning Standards

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|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HPE.2.2.8.C   | Character Development                                                                                                                                                                    |
| HPE.2.2.8.C.1 | Analyze strategies to enhance character development in individual, group, and team activities.                                                                                           |
| HPE.2.5.8     | All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.                                                                   |
| HPE.2.5.8.A   | Movement Skills and Concepts                                                                                                                                                             |
| 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.2 | Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.                                                                  |
| HPE.2.5.8.A.4 | Detect, analyze, and correct errors and apply to refine movement skills.                                                                                                                 |
| HPE.2.5.8.B   | Strategy                                                                                                                                                                                 |
| HPE.2.5.8.B.1 | Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.                                                                               |
| HPE.2.5.8.C   | Sportsmanship, Rules, and Safety                                                                                                                                                         |
| HPE.2.5.8.C.1 | Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.                                                                                    |
| HPE.2.6.8     | All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.                                                |
| HPE.2.6.8.A   | Fitness and Physical Activity                                                                                                                                                            |
| HPE.2.6.8.A.1 | Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.                                                                                |

### Integration of Career Readiness, Life Literacies and Key Skills

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|---------------|-----------------------------------------------------------------------|
| CRP.K-12.CRP1 | Act as a responsible and contributing citizen and employee.           |
| CRP.K-12.CRP2 | Apply appropriate academic and technical skills.                      |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being.                   |
| CRP.K-12.CRP4 | Communicate clearly and effectively and with reason.                  |
| CRP.K-12.CRP5 | Consider the environmental, social and economic impacts of decisions. |

|                |                                                                                    |
|----------------|------------------------------------------------------------------------------------|
| CRP.K-12.CRP6  | Demonstrate creativity and innovation.                                             |
| CRP.K-12.CRP7  | Employ valid and reliable research strategies.                                     |
| CRP.K-12.CRP8  | Utilize critical thinking to make sense of problems and persevere in solving them. |
| CRP.K-12.CRP9  | Model integrity, ethical leadership and effective management.                      |
| CRP.K-12.CRP10 | Plan education and career paths aligned to personal goals.                         |
| CRP.K-12.CRP11 | Use technology to enhance productivity.                                            |
| CRP.K-12.CRP12 | Work productively in teams while using cultural global competence.                 |

## **Technology / Integration of Computer Science and Design Thinking**

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| TECH.8.1.8     | Educational Technology: All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaborate and to create and communicate knowledge. |
| TECH.8.1.8.D   | Digital Citizenship: Students understand human, cultural, and societal issues related to technology and practice legal and ethical behavior.                                                                         |
| TECH.8.1.8.D.1 | Understand and model appropriate online behaviors related to cyber safety, cyber bullying, cyber security, and cyber ethics including appropriate use of social media.                                               |
| TECH.8.1.8.D.4 | Assess the credibility and accuracy of digital content.                                                                                                                                                              |

## **Interdisciplinary Connections: NJSLs for ELA, Social Studies, Science and/or Math Section**

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|-------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| LA.K-12.NJSLA.R.2 | Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.               |
| LA.RST.6-8        | Reading Science and Technical Subjects                                                                                                   |
| LA.RST.6-8.2      | Determine the central ideas or conclusions of a text; provide an accurate summary of the text distinct from prior knowledge or opinions. |

## **Integration of Diversity, Equity and Inclusion; Climate Change; Informational and Media Literacy**

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see Crosswalks

## **21st Century Life and Careers**

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## **Stage I: Desired Results**

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## **Transfer/Overview/Rationale**

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### **Transfer / Overview / Rationale**

#### Unit Rationale

The purpose of this unit...

To develop knowledge of the skills of serving, forearm pass (dig or bump), overhead pass, positioning, and rules of the game of volleyball while demonstrating positive qualities that allow for success in a team sport.

## **Meaning**

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## **Essential Questions**

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### Essential Questions

How do I get to the next level in this sport?

How does understanding the rules and proper positioning help you play better?

## **Enduring Understanding/Indicators of Understanding**

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### Enduring Understanding/Indicators of Understanding

Knowledge of rules, basic skills and technique cooperatively learned and performed can lead to lifelong activities which promotes lifelong fitness.

## **Acquisition (Student Learning Objectives)**

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## **Knowledge**

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Knowledge

Students will know...

Students will understand the basic skills and rules to the game of volleyball.

## **Skills**

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Skills

Student will be skilled at ...

Students will apply a knowledge of the rules and skills required in order to participate in volleyball.

Students will demonstrate the proper skills necessary in order to play volleyball and make adjustments when needed.

## **Stage 3: Learning Plan**

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## **Resource and Mentor Texts**

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Resources and Mentor Texts

McManama, Jerre L., and Neil Schmottlach. *Physical Education Handbook*. 9th ed. N.p.: Allyn and Bacon, 1997. Print.

Dieden, Bob. *Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3-8*. West Nyack, NY: Center for Applied Research in Education, 1995. Print.

## **Formative Assessment Strategies**

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### Formative Assessment Strategies

Observations

Questioning

Discussion

Kinesthetic Assessments

## **Learning Activities/Unit of Study**

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### Learning Activities/Unit of Study

Students will be given a demonstration of each skill in volleyball.

Serving

Setting (overhead pass)

Bumping/Digging (forearm pass)

Students will have the opportunity to practice these skills and also demonstrate the usage of each skill in game-like situations.

Students will eventually participate in game situations using all rules and skills that apply.

## **Modifications and/or Accommodations**

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### **Suggested Modifications (ELL, Sp. Ed, Gifted, At-risk of Failure)**

#### **English Language Learners**

Native language support: The teacher provides auditory or written content to students in their native language.

Adjusted Speech: The teacher changes speech patterns to increase student comprehension. This could include facing the students, paraphrasing, clearly indicating the most important ideas, and speaking more slowly.

Visuals: The teacher uses graphics, pictures, visuals, and manipulatives. This helps ELL students better understand and comprehend the subjects at hand.

Front-Loading Vocabulary: The teacher front loads vocabulary. This means providing students with a list of important vocabulary words they will need to know for a book, lesson, etc. prior to the lesson being taught. Including pictures to go with the vocabulary words is also very beneficial for the students.

#### **Special Education Students**

Chunking: The teacher presents information in a way that makes it easy for students to understand and remember. Chunking is based on the presumption that our working memory is easily overloaded by excessive detail. The best way to deliver information is to organize it into meaningful units. Because students with special needs get overloaded easily, chunking is an effective strategy to use with them.

Checking for Understanding: It is important to constantly check for understanding, especially for students who have accommodations. Teachers want to make sure students understand the concepts being covered in a way that makes sense to them.

Extra time: The teacher provides students with special needs extra time to complete work or answer questions. It is important to give students enough time to process their thoughts.

Oral Reading: The teacher will read work orally to students. Class work such as tests and literature circles may need to be read aloud to the student.

Timers: The teacher will use timers as an instructional tool. The use of timers is beneficial for students who have trouble completing tasks. Timers can be helpful so the student is aware of how much time they have to complete an assignment.

## Students with 504 Plans

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## Gifted & Talented Strategies

**Extensions/Enrichments:** Teachers will provide gifted and talented students with extension/enrichment projects. Students will be challenged to further their understanding, to apply acquired knowledge, and/or to produce something in reference to acquired knowledge.

**Modify/Change Activities:** Teachers will monitor and modify activities to accommodate those students who need to be challenged further. Additional reading, problem-solving, writing, or project work is necessary for those students who are ready to move on at a rate more accelerated than their peers. In this way, G & T students are provided the same opportunity for support as special needs students.

## Students at Risk of School Failure

**Directions or Instructions:** Make sure directions and/or instructions are given in limited numbers. Give directions/instructions verbally and in simple written format. Ask students to repeat the instructions or directions to ensure understanding occurs. Check back with the student to ensure he/she hasn't forgotten.

**Peer Support:** Peers can help build confidence in other students by assisting in peer learning. Many teachers use the 'ask 3 before me' approach. This is fine, however, a student at risk may have to have a specific student or two to ask. Set this up for the student so he/she knows who to ask for clarification before going to you.

**Alternate or Modified Assignments:** Always ask yourself, "How can I modify this assignment to ensure the students at risk are able to complete it?" Sometimes you'll simplify the task, reduce the length of the assignment or allow for a different mode of delivery. For instance, many students may hand something in, the at-risk student may jot notes and give you the information verbally. Or, it just may be that you will need to assign an alternate assignment.

**Increase One to One Time:** When other students are working, always touch base with your students

at risk and find out if they're on track or needing some additional support. A few minutes here and there will go a long way to intervene as the need presents itself.

**Contracts:** It helps to have a working contract between you and your students at risk. This helps prioritize the tasks that need to be done and ensure completion happens. Each day write down what needs to be completed, as the tasks are done, provide a checkmark or happy face. The goal of using contracts is to eventually have the student come to you for completion sign-offs.

**Hands On:** As much as possible, think in concrete terms and provide hands-on tasks. This means a child doing math may require a calculator or counters. The child may need to tape record comprehension activities instead of writing them. A child may have to listen to a story being read instead of reading it him/herself.

**Tests/Assessments:** Tests can be done orally if need be. Break tests down in smaller increments by having a portion of the test in the morning, another portion after lunch and the final part the next day.

**Seating:** Seat students near a helping peer or with quick access to the teacher. Those with hearing or sight issues need to be close to the instruction which often means near the front.