

Volleyball I (6)

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **3rd Marking Period**
Length: **4 Weeks**
Status: **Published**

Volleyball I Overview

Volleyball is a great activity to build a student's muscular endurance and hand-eye coordination, as well as, their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movements and skills in order to successfully compete in a game of volleyball.

Transfer

Students will be able to independently use their learning to...

-participate successfully in a game of volleyball and enjoy the physical, social, and mental benefits of the game to improve their overall health.

For more information, read the following article by Grant Wiggins.

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

Students will understand...

- how to set a volleyball using the correct form.

- how to pass the volleyball using the correct form.
- how to serve the volleyball using the correct form.
- the rules of volleyball.

Essential Questions

Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent volleyball improves skill-related fitness versus health-related fitness.

Application of Knowledge and Skill

Students will know...

Students will know...

- the proper mechanics of setting a volleyball
- the proper mechanics of passing a volleyball.
- the proper mechanics of serving a volleyball.
- the rules for a game of volleyball.
- sportsmanship rules while playing a competitive game.

- the health related fitness components related to playing a game of Football.

Students will be skilled at...

Students will be skilled at...

- setting a volleyball
- passing a volleyball
- serving a volleyball
- identifying and following the rules of volleyball

Academic Vocabulary

Learning Goal 1

Students will perform the forearm pass using the correct form.

- Students will perform the forearm pass using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

Target 1

key points

- arm position
- thumb position
- follow through

Learning Goal 2

Students will set a volleyball using the correct form.

- Students will set a volleyball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

Target 1

key points

- spread hands
- finger tips
- extend arms

Learning Goal 3

Students will serve a volleyball using proper technique.

- Students will serve a volleyball using proper technique.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.

Target 1

key points

- ball placement
- hand placement
- step with opposite foot
- follow through

Learning Goal 4

Students will explain the rules of volleyball.

- Students will explain the rules of volleyball.

HPE.2.5.6.C.2

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

Summative Assessment

Students will be evaluated on their performance of the set, forearm pass and the underhand serve.

21st Century Life and Careers

WORK.5-8.9.1.8.1

Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.A.1

Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.

WORK.5-8.9.1.8.C.1

Determine an individual's responsibility for personal actions and contributions to group activities.

Formative Assessment and Performance Opportunities

Teacher will monitor students performing the set, forearm pass, and the underhand serve and provide feedback to the students.

Differentiation/Enrichment

Each student is provided an opportunity to be successful through the use of monitoring, equipment, and

repetition.

Unit Resources

volleyballs

volleyball nets