

# Volleyball II (7)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **2nd Marking Period**  
Length: **4 Weeks**  
Status: **Published**

## Volleyball II

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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 skills in order to successfully compete in a game of volleyball.

## Transfer

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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 to improve their overall health.

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

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand ...

-proper technique for setting a volleyball

- proper technique for passing a volleyball
- how to demonstrate proper sportsmanship skills and cooperation

## **Essential Questions**

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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**

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### **Students will know...**

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Students will know...

- how to set a volleyball using proper technique
- how to pass a volleyball using proper technique
- how to demonstrate proper sportsmanship skills and cooperation

### **Students will be skilled at...**

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Students will be skilled at...

- setting a volleyball
- passing a volleyball
- peer evaluating their classmates skill performance
- demonstrating proper sportsmanship and cooperation during games

### **Academic Vocabulary**

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### **Target 1**

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key points

- arm position
- thumb position
- follow through

### **Learning Goal 3**

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Students will peer evaluate classmates on skill performance.

**Learning Goal 4**

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Students will be able to demonstrate proper sportsmanship and cooperation during games.

HE.7-8.	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HE.7-8.	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HE.7-8.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

**Summative Assessment**

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Students will be given a skill test to assess their mechanics of the set and forearm pass.

**21st Century Life and Careers**

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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.A.2	Implement problem-solving strategies to solve a problem in school or the community.
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**

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Teacher will monitor students passing and setting mechanics during a game of volleyball and provide feedback to the students.

**Differentiation/Enrichment**

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

## Unit Resources

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volleyballs

volleyball nets