Unit 2b-Volleyball

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 2**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

Essential Question

What are the skills used in volleyball?

What is one example of how teamwork helps the team win?

Big Ideas

- The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.
- The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports, and recreational activities.
- Feedback impacts and improves the learning of movement skills and concepts.

Diversity Integration- African American

Objective: Students will develop an understanding about black female volleyball player Flo Hyman.

Activity: Students will watch a video on the life of Flo Hyman including a video demonstrating the various skills in volleyball.

CSDT Technology Connection

• 8.2.2.ITH.3: Identify how technology impacts or improves life.

• 8.2.2.ITH.4: Identify how various tools reduce work and improve daily tasks

Enduring Understandings

2.2 Physical Wellness

Physical Fitness

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.

2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.

Movement Skills and Concepts

2.2.2.MSC.4: Differentiate manipulative movements (e.g., throwing, catching, dribbling). Feedback impacts and improves the learning of movement skills and concepts.

2.2.2.MSC.5: Adjust and correct movements and skill in response to feedback.