Unit 2b-Volleyball

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 3**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

Essential Question

Why can it be difficult to work as a team in volleyball?

Why can volleyball be considered a lifetime activity?

Big Ideas

Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities.

The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

CSDT Technology Connection

• 8.1.5.IC.1: Identify computing technologies that have impacted how individuals live and work and describe the factors that influenced the changes.

• 8.1.5.IC.2: Identify possible ways to improve the accessibility and usability of computing technologies to address the diverse needs and wants of users.

Enduring Understandings

2.2 Physical Wellness

Movement Skills and Wellness

2.2.5.MSC.1: Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).

2.2.5.MSC.4: Develop the necessary body control to improve stability and balance during movement and physical activity.

2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.