Unit 3d-Volleyball

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 5**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Question

What are the different types of serves?

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

Constructive feedback from others impacts improvement, effectiveness and participation in movement skills, concepts, sportsmanship, and safety.

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

Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities

Cross Curricular Integration

Integration Area: Science

5-PS2.B Types of Interactions The gravitational force of Earth acting on an object near Earth's surface pulls that object toward the planet's center. (5-PS2-1)

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).

Activity:

The students will practice volleying different types and sizes of balls on the first day of volleyball and will discuss the similarities and differences in the difficulty of keeping the ball up the air. The teacher will explain why some balls are easier or harder to keep up in the air and refer to the science standard.

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

CSDT Technology Integration

8.1.5.A.1 Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.

Activity:

Using the smartboard, the students will watch a brief video of how to pass the ball in the game of volleyball.

Enduring Understandings

Motor Skill & Concepts

2.2.5.MSC.3: Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).

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

2.2.5.MSC.6: Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.

Physical Fitness

2.2.5.PF.1: Identify the physical, social, emotional, and intellectual benefits of regular physical activity that effect personal health.

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

2.2.5.PF.3: Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).

Lifelong Fitness

2.2.5.LF.3: Proactively engage in movement and physical activity for enjoyment individually or with others.