

PE Unit 7 - Volleyball III

Content Area: **Health & PE**
Course(s): **Driver's Ed, PE 2, Health 4, PE 4, PE 3**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Unit Introduction

The main skills that will be covered in the volleyball unit will be the underhand serve, bumping and setting. In addition, cognitive concepts that will be covered will include a brief history of the game, important terms to know, differences between PE volleyball and regulation volleyball, and rule changes (rally scoring). In addition, basic rules such as limiting volleys to three hits, proper rotation, where to stand to serve, and different fouls players can commit. The volleyball unit will also include games and tournament play as the levels progress. The students will be given opportunities to achieve these objectives by a brief lecture at the beginning of each class, having time in class to practice with partners, and game play.

Standards

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| HPE.2.5.12.A.1 | Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball). |
| HPE.2.5.12.A.CS1 | Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort. |
| HPE.2.5.12.B.1 | Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies. |
| HPE.2.5.12.B.CS1 | 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. |
| HPE.2.5.12.C.2 | Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment. |
| HPE.2.5.12.C.CS1 | Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction. |
| HPE.2.6.12.A.CS1 | Taking personal responsibility to develop and maintain physical activity levels provides |

opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

Essential Questions

- How can team and individual sports promote life long fitness?

- In what capacity can you continue and enjoy these activities outside of school?

How does effective and appropriate movement affect wellness?

Why do I have to understand concepts of movement when I can already perform the movement?

To what extent does strategy influence performance in competitive games and activities?

Why do I have to show good sportsmanship and follow the rules?

How can I become more mentally prepared for competition and sports performance?

What is the minimum amount of exercise I can do to stay physically fit?

How do I develop an appropriate personal fitness program and find the motivation to commit to it?

Content / Skills

1. Rules
2. Etiquette
3. Skills
4. Drills
5. Games
6. Tournament