

# Unit 09: Volleyball Skills

Content Area: **Health & PE**  
Course(s): **PE 01**  
Time Period: **Generic Time Period**  
Length: **3 Weeks**  
Status: **Published**

## 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

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- What do I need to do in order to master skills used in volleyball?
- What strategies should be implemented in order for me to be an effective teammate?
- Why do I have to show good sportsmanship and follow the rules?
- How can I become more mentally prepared for competition and sports performance?

## Content / Skills

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1. Skills (bumping, setting, serving)
2. Drills
3. Rules/Etiquette
4. Game situations
5. Tests

