

Volleyball - Unit 5

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education 6**
Time Period: **February**
Length:
Status: **Published**

Unit Overview

Essential Questions

What are the skills to make me successful?

What strategies are used?

Why is using all three hits per side important?

What are the advantages of an overhead serve?

How can volleyball be played later in life?

Content

Beginner skill 6th

Intermediate skill progression 7th

Advanced skill 8th

Activities skill drills (See Skills)

Game situations

Skills

Know rules

Review skills

Practice serving

Practice spiking

Practice bumping

Practice setting

Use proper rotation

Play in game situation

Demonstrate sportsmanship

Assessments

Teacher observation on students participation.

Skills test on:

- Serving
- Bumping
- Setting
- Spiking

Lessons/Learning Scenarios

Overhead Serving

Bumping

Setting

Spiking

Volleyball games round robin tournament

Standards

HE.5-6.2.5.6 A.1

Demonstrate developmentally appropriate form when using movement skills in applied

settings.

HE.5-6.2.5.6 A.2	Demonstrate the use of force and motion to impact the quality of physical movement.
HE.5-6.2.5.6 A.5	Use visual and verbal cues to improve performance during a physical activity.
HE.5-6.2.5.6 A.7	Apply a learned skill to another movement setting.
HE.5-6.2.5.6 B.2	Discuss how the principles of force and motion impact the quality of movement.
HE.5-6.2.5.6 B.3	Analyze how the use of energy and flow contributes to more effective, efficient, or creative movement.
HE.5-6.2.5.6 B.4	Describe how to refine and increase control when performing movement skills.
HE.5-6.2.5.6 B.5	Discuss how to modify movement in response to dynamic, interactive environments.
HE.5-6.2.5.6 B.7	Discuss how practice, regular participation, and appropriate feedback improve performance.
HE.5-6.2.5.6 C.1	Describe and demonstrate the use of offensive, defensive, and cooperative strategies.
HE.5-6.2.5.6 D.1	Compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment.
HE.5-6.2.5.6 D.2	Summarize general and specific activity rules, describe how they enhance participation and safety, and follow them during activities.
HE.5-6.2.5.6 D.3	Select, use, and care for equipment used during physical activity.
HE.5-6.2.5.6 E.1	Describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity.
HE.5-6.2.6.6 A.1	Describe the physical, social, and emotional benefits of regular physical activity.

Resources
