

# Unit 6- Ball Handling/Volleyball

Content Area: **Comprehensive Health and Physical Education**  
Course(s): **Physical Education K, Physical Education 1, Physical Education 2**  
Time Period: **Undefined**  
Length: **2-4 weeks 40 minute classes**  
Status: **Published**

## Unit Overview

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## Essential Questions

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What are the basic skills and concepts necessary to participate in modified volleyball activities?

## Content

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Serving (underhand and/or overhand)

Underhand Pass (bump)

Overhead Pass (set)

Rules and scoring

## Skills

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Demonstrate an understanding of rules and scoring of a modified volleyball game.

Understand strategies, movement, and spacing during game play.

Demonstrate proper technique of volleyball skills.

Appreciate the value of volleyball activities as lifetime learners.

## Assessments

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Skill Assessment

Teacher Observation

## Lessons/Learning Scenarios

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Skill and drill practices

Volleyball – Students will be able to perform skills in lead-up games

a. volley

b. keep it up games

c. beach ball

d. balloons

e. backyard clean-up

## Standards

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HE.K-2.	Health-enhancing behaviors contribute to wellness.
HE.K-2.	Teamwork consists of effective communication and other interactions between team members.
HE.K-2.	Appropriate types and amounts of physical activity enhance personal health.
HE.K-2.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.2.1.2.A.1	Explain what being "well" means and identify self-care practices that support wellness.
HE.K-2.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.K-2.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HE.K-2.2.5.2.A.4	Correct movement errors in response to feedback.
HE.K-2.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and

	other movement activities.
HE.K-2.2.5.2.B.3	Determine how attitude impacts physical performance.
HE.K-2.2.5.2.B.4	Demonstrate strategies that enable team members to achieve goals.
HE.K-2.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HE.K-2.2.5.2.C.2	Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.
HE.K-2.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.

## Resources

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