

Physical Education

Unit 17: Volleyball

Essential Understandings	▪ Volleyball requires the coordination of sport specific motor skills and working together as a team.
Essential Questions	▪ How does one set? ▪ How does one bump? ▪ How does one serve? ▪ How does one rotate? ▪ How does one score?
Essential Knowledge	▪ Basic Rules ○ 6 players/team. Based on class size, may have 8 – 10/team. ○ Serve – underhand or overhead from right side of court but inside the court for greater success. Ball may not touch net on serve. Only 1 chance to get ball over net on serve. ○ Points scored only when team has serve. Game goes to 15 points and must win by 2 points. ○ 3 hits/side allowed but never 2 consecutive hits by 1 person. ○ Rotation – 6 players – Front line moves to right, back line moves to left. Front right player drops back to become server. Back left player moves forward to front line. (Clockwise rotation). ○ Lines are good when ball lands on them. ○ Ball may not be played off ceiling; ball may be played out of net during a volley. ○ Players may not touch net or cross center line when playing a ball (net or foot violations). ○ Depending on skill level of players, may institute modified Newcomb game. Players must use bump or set, but may play ball off of 1 bounce in order to keep game flowing and achieve more success. ▪ Safety ○ Do not kick or punch the ball. Do not throw ball over the net when switching serve team. Do not jump into the net.
Vocabulary	▪ <u>Terms</u>: ○ Serve, bump, set, rotation, violation, foul
Essential Skills	▪ Demonstrate proper bump. ▪ Demonstrate proper set. ▪ Demonstrate proper serve, either underhand or overhead. ▪ Demonstrate correction rotation procedures. ▪ Demonstrate knowledge of rules. ▪ Demonstrate proper scoring.
Related Maine Learning	<u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge

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Results	G1. Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force during skill practice. - Demonstrate the principle of opposition. - Demonstrate how the point of contact changes the path of an object. - Demonstrate how the point of release changes the path of an object. - Demonstrate lifts and actions that decrease risk for injury. G2. Movement Skills Students demonstrate motor skills and manipulative skills During drills or modified games/physical activities. - Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. - Combine manipulative skills with motor skills during drills or modified games/physical activities. G4. Skill Improvement Students explain how specific, positive, and correct feedback affect skill improvement. I. Personal and Social Skills and Knowledge - Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities. - Work together as a team. - Respond appropriately to peer pressure. - Manage conflict. - Engage peers respectfully in activities. - Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities. - Safety Rules and Rules of Play - Explain the purpose for modifying playing rules in specified situations. - Explain the safety rules and possible risks associated with specific games/physical activities.
Sample Lessons And Activities	▪ Using beach balls and trainer volleyballs, complete drills in circles on $\frac{1}{2}$ court. ▪ Perform skill drills between 2 groups with net separating groups. ▪ Play a modified Newcomb volleyball game.
Sample	▪ Students will demonstrate during skill drills proper techniques for

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Classroom Assessment Methods	the bump, set, and serve.
Sample Resources	▪ <u>Publications:</u> ○ <u>Complete Physical Education Plans for Grade 7 – 12</u> – Isobel Kleinman ○ <u>PE Games and Activities Kit for Grades 6 – 12</u> – Ken Klumsden ○ <u>Student-Centered PE</u> – Timothy K. Smith/Nicholas G. Cestaro ○ <u>PE for Children</u> – Amelia M. Lee, Katherine T. Thomas, Jerry R. Thomas

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