

Unit 07: Volleyball

Unit #:	APSDO-00026650	Duration:	3.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
 K, 1, 2, 3, 4

Subject(s)
 Wellness

Unit Focus

In this unit, students will explore volleyball through a deliberate focus on striking techniques with hands/forearms. Students will demonstrate improved performance through eye/hand coordination activities in individual and group settings.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 4</i></p> <ul style="list-style-type: none"> Apply the understanding of physical activity concepts to increasingly complex movement and game forms <i>M.11.3</i> Continue to develop skills to participate productively in groups, in both cooperative and competitive activities <i>M.13.2</i> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms <i>M.10.1</i> Demonstrate knowledge of rules, safety 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U100) Keeping your body centered keeps you grounded.</p> <p>U2 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U3 (U109) Keeping the ball in the air requires rhythm and force that can be developed over time.</p>	<p>Q1 (Q100) How can I keep my body centered?</p> <p>Q2 (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p>Q3 (Q107) How do I hit the ball/object to get it where I want it to go?</p>

<p>practices and procedures as they apply to an increasing range of movement situations <i>M.10.3</i></p> <ul style="list-style-type: none"> • Demonstrate willingness to attempt a variety of new physical activities <i>M.14.6</i> • Develop increasing competence in more advanced specialized skills <i>M.9.4</i> • Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports <i>M.9.5</i> • Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings <i>M.13.1</i> • Value the skill competence that results from practice <i>M.14.5</i> 		Q4 (Q109) How do I keep the ball alive?	
	Acquisition of Knowledge and Skill		
	Knowledge	Skill(s)	
		<p>S1</p> <p>K-1: Demonstrate the ability to volley a lightweight object with an open palm sending it upward</p> <p>S2</p> <p>K-4: Differentiate between movement in personal space and general space safely during activity</p> <p>S3</p> <p>Gr 2-3: Demonstrate the ability to volley an object upward with consecutive hits in an underhand pattern sending it forward over a net/wall or to a partner</p> <p>S4</p> <p>Gr 4: Demonstrate the ability to volley an object upward with consecutive hits in an underhand/overhand pattern sending it forward over a net/wall or to a partner with control</p>	