

Unit 07: Volleyball

Unit #:	APSDO-00026651	Duration:	5.0 Lesson(s)	Date(s)	
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Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will continue to experience volleyball through a deliberate focus on understanding how to bump, set, forearm pass, and serve. Students will demonstrate improved performance by participating in small team objectives and skill developing activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes <i>H.11.2</i> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i> 	<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> <p>T3 (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</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</p>	<p>Q1 (Q100) How can I keep my body centered?</p> <p>Q2 (Q109) How do I keep the ball alive?</p> <p>Q3 (Q107) How do I hit the ball/object to get it where I want it to go?</p>

<ul style="list-style-type: none"> • Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i> • Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i> • Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i> • Seek personally challenging experiences through physical activity as a means to personal growth <i>H.14.4</i> • Use complex movements and patterns within a variety of dynamic environments <i>H.9.3</i> • Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i> <p><i>Physical Education: 12</i></p> <ul style="list-style-type: none"> • Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i> 	rhythm and force that can be developed over time.	
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		<p>S1</p> <p>Gr 5-8: Demonstrate the skills of bumping, forearm passing, setting, digging, passing to teammates, and underhand/overhand serving with increasing accuracy</p> <p>S2</p> <p>Gr 5-8: Demonstrate defensive ready position with arms extended, knees bent and ready to move forward, backward, and side to side</p> <p>S3</p> <p>Gr 5-8: Demonstrate court rotation after a serve is won back by your team in a modified game situation</p>