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| Planned Course: Net and Racquet Sports | Course Number: PE709 | Department: Health and Physical Education | |
| Unit: Volleyball | Grade Level: 10-12 | | |
| Estimated Time: 20 classes | Level/Track: Elective | Date Approved: 08/27/2018 | |
| Academic Standards | Core Concepts (in question format) • Skills/Knowledge | Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities) | Assessments (include types and topics) |

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| <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> | <p>►What are the more advanced concepts necessary to perform high level volleyball skills?</p> <ul style="list-style-type: none"> • The student will be able to demonstrate safe and correct use of equipment. • The student will be able to employ the critical elements of striking: positioning of feet and body, point of impact, and follow through when performing volleyball passes, set, spike, and serve. • The student will be able to improve their offensive skills, e.g., offensive volley, spike, and set. • The student will be able to improve their defensive skills, e.g., tip-over, net recovery, and block. | <ul style="list-style-type: none"> • Teacher modeling/demonstration of safe and correct use of equipment as well as techniques and strategies • Partner practice • Self practice • Volleyball Drills: Overhead Serving, Bump to self, Circle Bump, Set to Self, Circle Set; Spike; Spike with Block, Three-hit drill (bump, set, spike or dink) • Lead-up games • Games • Tournaments: Round Robin & Double Elimination • Discussion concerning strategies of volleyball | <ul style="list-style-type: none"> • Skill Test: Bump to self • Skill Test: Set against wall • Skill Test: Serve short/long • Teacher observation of safe and correct use of equipment, student performance and technique. • Class participation • Class preparation • Written volleyball examinations and quizzes • Worksheets regarding safe and correct use of equipment, history of volleyball, student performance and techniques, rules of the game. • Oral volleyball quizzes • Peer evaluation using volleyball rubrics • Self evaluation using volleyball rubrics • Teacher observation of safe and correct use of equipment, student performance and techniques, various strategies being incorporated into play |
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| | <ul style="list-style-type: none"> • The student will be able to perform an overhead serve. • The student will be able to employ team strategies in game situations. • The student will be able to cooperatively participate in a tournament applying the skills and knowledge learned. • The student will be able to teach basic skills of volleyball. | | |
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