

**Physical Education  
Unit 10: Volleyball**

<p><b>Essential Understandings</b></p>	<ul style="list-style-type: none"> <li>▪ Students will learn to improve all aspects of physical performance.</li> </ul>
<p><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ How do you keep score?</li> <li>▪ How do you serve?</li> <li>▪ How do you set?</li> <li>▪ What is a dig?</li> <li>▪ How do you bump the ball?</li> <li>▪ What is a volley?</li> </ul>
<p><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ 6 players on a team. Due to class size we may have eight.</li> <li>○ Serve- underhand serve or overhand serve from right side of court.</li> <li>○ A team scores one point on every serve. Game goes to 25 win by two points.</li> <li>○ Each team gets 3 hits per side before ball has to go over the net.</li> <li>○ If the ball is above the waist, player must use open hands to hit the ball over the net or set up a teammate. If the ball is below the waist must put hands together to “bump” the ball to a teammate or pass over the net.</li> <li>○ A player may “spike” the ball by forming a half fist to hit the ball over the net.</li> <li>○ Rotation- 6 players- Front line- move left to right; back line move right to left. Front right becomes the server and back left goes to the front line. 8 players- 3-2-2 alignment.</li> <li>○ Volley to serve- (start the game) ball must be passed back and forth 3 times over the net. Ball hits the floor or goes out of bounds or into the net after it goes over 3 times- other teams serve.</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Do not throw the ball over the net when exchanging serves. Do not kick or punch the ball. Do not jump into the net.</li> </ul> </li> </ul>
<p><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ serve, bump, set, spike</li> </ul> </li> </ul>
<p><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Demonstrate knowledge of the rules.</li> <li>▪ Demonstrate proper serving technique.</li> <li>▪ Demonstrate overhead set up pass.</li> <li>▪ Demonstrate proper bump technique.</li> </ul>

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<p><b>Related Maine Learning Results</b></p>	<p><u>Health and Physical Education</u>  G. Movement/Motor Skills and Knowledge  G2.Movement Skills  Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.  G3.Skill-Related Fitness Components  Students explain the relationship of skill-related fitness components to specialized movement skills.  I. Personal and Social Skills and Knowledge  I1.Cooperative Skills  Students demonstrate collaborative skills while participating in skill activities.  a. Accept constructive feedback.  c. Include peers respectfully in activities.  I2.Responsible Behavior  Students demonstrate responsible and ethical personal behavior while participating in physical activities.  I3.Safety Rules and Rules of Play  Students predict how etiquette/rules improve games/activities.  a. Explain how etiquette/rules contribute to productive participation.</p>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Group students into teams and play a volleyball match.</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Students will demonstrate proper setting technique.</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew</li> </ul> </li> </ul>

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