

Name _____

Date _____

Volleyball Week 4

STANDARDS

A.2. The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills.

C.2. The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.

A.3. The student analyzes the benefits of regular participation in physical activity.

OBJECTIVES

TSWBAT perform a spike with correct mechanics

TSWBAT utilize rules learned in modified game play

TSWBAT work cooperatively with classmates

GUIDED PRACTICE

Participate in hitting drills provided by the instructor
Take Rules Quiz
Participate in setting assessment

VOCABULARY

Spike approach
Spiking line
Block
Tip

HOMEWORK

Study for Rules and Signals Quiz
All Absent students do a makeup assignment

INSTRUCTION

Mon - Review Rules 7 & 8

Warm up, Stretch, pass / set 5 min.
Introduce spike approach mechanics
Breakdown spiking drills

Tues - Read Rules 9 & 10

Review spike approach mechanics
Breakdown spiking drills
Pepper
Play a game with passing and setting 30 min.

Wed - Learn 3 more referee, umpire and line judge signals

Take rules 7 & 8 quiz
Review spike approach mechanics
Breakdown spiking drills
Hitting lines
Play a game with passing and setting 30 min.

Thurs - Warm up, Stretch, pass/set 5 min.

Setting Quiz
Hitting lines
Pass/ Set/ Hit drill
Play a game with passing and setting 30 min.

ASSESSMENT

Class Participation
Dressing out properly for class
Setting assessment
Rules 7 & 8 Quiz