

Name _____

Date _____

Volleyball Week 3

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 set with correct mechanics

TSWBAT utilize rules learned in modified game play

TSWBAT work cooperatively with classmates

GUIDED PRACTICE

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

VOCABULARY

Set
extension

HOMEWORK

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

INSTRUCTION

Mon - Review Rules 5 & 6

Warm up, Stretch, pass 5 min.

Introduce setting mechanics

Breakdown setting drills

Tues - Read Rules 7 & 8

Warm up, Stretch, pass 5 min.

Breakdown setting drills and setting practice

Pepper

Play a game with passing and setting 30 min.

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

Take rules 5 & 6 quiz

Warm up, Stretch, pass 5 min.

Breakdown setting drills and setting practice

Pepper

Play a game with passing and setting 30 min.

Thurs - Warm up, Stretch, pass 5 min.

Passing Quiz

Breakdown setting drills and setting practice

Pepper

Play a game with passing and setting 30 min.

ASSESSMENT

Class Participation

Dressing out properly for class

Passing assessment

Rules 5 & 6 Quiz