

Name \_\_\_\_\_

Date \_\_\_\_\_

## Volleyball Week 5

### 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 serve with correct mechanics

TSWBAT utilize rules learned in modified game play

TSWBAT work cooperatively with classmates

### GUIDED PRACTICE

Participate in serving drills provided by the instructor  
Take Rules Quiz  
Participate in spiking assessment

### VOCABULARY

Toss

### HOMEWORK

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

### INSTRUCTION

Mon - Review Rules  
Warm up, Stretch, pass / set 5 min.  
Hitting lines  
Introduce serve mechanics  
Breakdown serving drills

Tues - Review serving mechanics  
Breakdown serving drills  
Pepper  
Play a game, grouping kids by ability for 30 min.

Wed - Learn 3 more referee, umpire and line judge signals  
Take rules 9 & 10 quiz  
Breakdown serving drills  
Hitting lines  
Play a game, grouping kids by ability for 30 min.

Thurs - Warm up, Stretch, pass/set 5 min.  
Spiking Quiz  
Hitting lines  
Serve / Serve receive  
Pass/ Set/ Hit drill  
Play a game, grouping kids by ability for 30 min.

### ASSESSMENT

Class Participation  
Dressing out properly for class  
Spiking assessment  
Rules 9 & 10 Quiz