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| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 1) |
| Standard(s): 4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills. 4.1.2 Practice combinations of movement skills for specific sports. 4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills. 4.2.2 Apply the concept of practice to improve movement skills. 4.2.4 Recognize and describe critical elements of complex movement patterns. 4.3.3 Identify and participate in lifetime physical activities. 4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings. 4.5.2 Follow rules and safe practices in all class activities without being reminded. 4.6.2 Interact positively with classmates and friends in physical activity. | | |
| Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball. Basic Passing | | Lesson Objective(s): In this lesson, students will be able to <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. |
| Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds | | Focus Question(s): How can I exhibit independence and the ability to succeed in groups in physical activity settings? How do I interact positively with classmates and friends in physical activity? How can I be a better team player and leader? |

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| Description of Lesson (Including Instructional Strategies): Anticipatory Set: Ask the class if any of them played volleyball before. Instruction and Strategies: Whole class instruction/interaction. Demonstrate and follow. |
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Guided Practice:

Day 1-3

- Instructional
 - Start students off with the basics of volleyball.
 - Have students watch (Basics of Volleyball)
https://www.youtube.com/watch?v=CRYhZw_swuc
 - Pause throughout the video to hit on important facts and rules.
 - Have students watch (Basics of passing/bumping)
<https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - Motivate the students with https://www.youtube.com/watch?v=JYj0P_eNM-M

Day 4-5

- Practical Exercise
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly pass/bump a volleyball to their teammate.
 - Allow students to practice bumping/passing to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries.

Assessment:

Short answer:

1. Name 3 different type of hits used in volleyball.
2. What is it called when the ball goes out of play?
3. What separates the two sides of the court?
4. How many hits are you allowed to hit the ball over to the other side of the court?

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 2) |
| Standard(s): <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball. Basic Passing | | Lesson Objective(s): In this lesson, students will be able to <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. |
| Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds | | Focus Question(s): How can I exhibit independence and the ability to succeed in groups in physical activity settings? How do I interact positively with classmates and friends in physical activity? How can I be a better team player and leader? |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them played volleyball before.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

Day 1-3

- Instructional
 - Start students off with the basics of volleyball.
 - Have students watch (Basics of Volleyball)
https://www.youtube.com/watch?v=CRYhZw_swuc
 - Pause throughout the video to hit on important facts and rules.
 - Have students watch (Basics of passing/bumping)
<https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - Motivate the students with https://www.youtube.com/watch?v=JYj0P_eNM-M

Day 4-5

- Practical Exercise
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly pass/bump volleyball to their teammate.
 - Allow students to practice bumping/passing to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries.

Assessment:

Short answer:

1. Name 3 different type of hits used in volleyball.
2. What is it called when the ball goes out of play?
3. What separates the two sides of the court?
4. How many hits are you allowed to hit the ball over to the other side of the court?

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 3) |
| Standard(s): <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball. Basic Passing | | Lesson Objective(s): In this lesson, students will be able to <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. |
| Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds | | Focus Question(s): How can I exhibit independence and the ability to succeed in groups in physical activity settings? How do I interact positively with classmates and friends in physical activity? How can I be a better team player and leader? |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping skills to the students.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

Day 1-5

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly pass/bump volleyball to their teammate.
 - Allow students to practice bumping/passing to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students bump back and forth between each other.
 - Pull out students who need more one to one coaching.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.

- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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|---|--|----------------------------------|
| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 4) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing and setting</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

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| <p>Description of Lesson (Including Instructional Strategies): Anticipatory Set: Demonstrate proper bumping skills to the students. Demonstrate proper setting skills.</p> |
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Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to set the volleyball to their team mate or over the net.

Day 1-5

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly set volleyball to their teammate.
 - Allow students to practice set and pass to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students bump back and forth between each other.
 - Pull out students who need more one to one coaching.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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| Content: Physical Education | Grade/Course: 4th | Timeline: 4 Days (Week 5) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing and setting</p> <p>Rule of 3</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping skills to the students. Demonstrate proper setting skills.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to set the volleyball to their team mate or over the net.

Day 1-5

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly set volleyball to their teammate.
 - Allow students to practice set and pass to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students bump back and forth between each other.
 - Pull out students who need more one to one coaching.
- Have students practice at the net. Teach them that you are allowed only 3 hits to get it over to the other side of the net.
 - Students will practice their bumping, passing, and setting skills to get the ball over the net in 3 hits.
 - Group students into groups of 3-4 to practice on each side of the net.
 - Less students per side gives more opportunity for ball touches.
 - Evaluate and coach student performance.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries. Assess how well students work in groups to move the ball over the net in 3 hits.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 6) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing, setting, and serving</p> <p>Rule of 3</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. • Serve the ball over the net with 80% accuracy. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping skills to the students. Demonstrate proper setting and serving skills.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to serve the volleyball to their team mate or over the net.

Teach students that when serving that they only have 1 chance and 1 hit to get it over the net to the opponent's side.

Day 1-5

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly serve the volleyball to their teammate.
 - Allow students to practice serving to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students serve then pass back and forth between each other.
 - Pull out students who need more one to one coaching.
- Have students practice at the net. Teach them that you are allowed only 3 hits to get it over to the other side of the net.
 - Students will practice their bumping, passing, setting and serving skills to get the ball over the net in 3 hits.
 - Group students into groups of 3-4 to practice on each side of the net.
 - Less students per side gives more opportunity for ball touches.
 - Evaluate and coach student performance.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries. Assess how well students work in groups to move the ball over the net in 3 hits.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It

takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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|---|---|----------------------------------|
| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 7) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing, setting, and serving</p> <p>Rule of 3</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. • Serve the ball over the net with 80% accuracy. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping skills to the students. Demonstrate proper setting and serving skills.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to serve the volleyball to their team mate or over the net.

Teach students that when serving that they only have 1 chance and 1 hit to get it over the net to the opponent's side.

Day 1-5 Review of Skills and Practice

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly serve the volleyball to their teammate.
 - Allow students to practice serving to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students serve then pass back and forth between each other.
 - Pull out students who need more one to one coaching.
- Have students practice at the net. Teach them that you are allowed only 3 hits to get it over to the other side of the net.
 - Students will practice their bumping, passing, setting and serving skills to get the ball over the net in 3 hits.
 - Group students into groups of 3-4 to practice on each side of the net.
 - Less students per side gives more opportunity for ball touches.
 - Evaluate and coach student performance.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries. Assess how well students work in groups to move the ball over the net in 3 hits.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It

takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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|---|---|----------------------------------|
| Content: Physical Education | Grade/Course: 4th | Timeline: 5 Days (Week 8) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing, setting, and serving</p> <p>Rule of 3</p> <p>Volleyball Scrimmage</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learn to play volleyball. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping skills to the students. Demonstrate proper setting and serving skills.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to serve the volleyball to their team mate or over the net.

Teach students that when serving that they only have 1 chance and 1 hit to get it over the net to the opponent's side.

Day 1-5 Review of Skills and Scrimmage

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly serve the volleyball to their teammate.
 - Allow students to practice serving to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students serve then pass back and forth between each other.
 - Pull out students who need more one to one coaching.

Review

- Have students practice at the net. Teach them that you are allowed only 3 hits to get it over to the other side of the net.
 - Students will practice their bumping, passing, setting and serving skills to get the ball over the net in 3 hits.
 - Group students into groups of 3-4 to practice on each side of the net.
 - Less students per side gives more opportunity for ball touches.
 - Evaluate and coach student performance.
- Scrimmage
 - Have students break up into teams to challenge one another.
 - 1st team to 11 wins, then switch the teams to a new set.
 - Scrimmage until all students participated.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries. Assess how well students work in groups to move the ball over the net in 3 hits.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Open area with no obstructions.
- Volleyballs
- Online Resources
 - o https://www.youtube.com/watch?v=CRYhZw_swuc
 - o <https://www.youtube.com/watch?v=5lxC8JZxoK8>
 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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|---|---|----------------------------------|
| Content: Physical Education | Grade/Course: 4th | Timeline: 4 Days (Week 9) |
| <p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p> | | |
| <p>Lesson Overview: Students will learn safety, rules, and regulations for playing Volleyball.</p> <p>Basic Passing, setting, and serving</p> <p>Rule of 3</p> <p>Volleyball Scrimmage</p> | <p>Lesson Objective(s): In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Bump volleyball to a teammate with 80% accuracy. • Set the volleyball to a teammate with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learn to play volleyball. | |
| <p>Vocabulary: Volleyball Volleyball Court Net Bump Set Spike Serve Out of bounds Over</p> | <p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p> <p>How can I improve my skill level?</p> | |

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Demonstrate proper bumping, setting, and serving skills to the students.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice: If students are proficient enough have them practice bumping over a volleyball net. If not, continue practicing the basic skills.

As students' progress teach them how to serve the volleyball to their team mate or over the net.

Teach students that when serving that they only have 1 chance and 1 hit to get it over the net to the opponent's side.

Day 1-5 Review of Skills and Scrimmage

- Practical Exercise
- Do warm up with the students, then....
 - Have students break off into groups (Depending on how many volleyballs you have)
 - Give a demonstration on how to properly serve the volleyball to their teammate.
 - Allow students to practice serving to each other.
 - Monitor the students and coach accordingly.
 - Start the students closer together. As skill improves have more space between them.
 - Make it challenging by having 2 groups of students serve then pass back and forth between each other.
 - Pull out students who need more one to one coaching.

Review

- Have students practice at the net. Teach them that you are allowed only 3 hits to get it over to the other side of the net.
 - Students will practice their bumping, passing, setting and serving skills to get the ball over the net in 3 hits.
 - Group students into groups of 6 to practice on each side of the net.
 - Less students per side gives more opportunity for ball touches.
 - Evaluate and coach student performance.
- Scrimmage
 - Have students break up into teams to challenge one another.
 - 1st team to 11 wins, then switch the teams to a new set.
 - Scrimmage until all students participated.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries. Assess how well students work in groups to move the ball over the net in 3 hits.

Assessment:

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 - o https://www.youtube.com/watch?v=JYj0P_eNM-M
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