

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 1)
<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>	

<p>Description of Lesson (Including Instructional Strategies): Anticipatory Set: Demonstrate proper bumping, setting, and serving skills to the students.</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 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.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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 2)
<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.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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 3)
<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.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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
- Volleyball net
- 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, 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 or over the net with 80% accuracy. • Set the volleyball to a teammate or over the net with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learned to play volleyball. • Students will compete with other classes following the rules and regulations. 	
<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.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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
- Volleyball net
- 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 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, 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 or over the net with 80% accuracy. • Set the volleyball to a teammate or over the net with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learned to play volleyball. • Students will compete with other classes following the rules and regulations. 	
<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.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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
- Volleyball net
- 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>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 or over the net with 80% accuracy. • Set the volleyball to a teammate or over the net with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learned to play volleyball. • Students will compete with other classes following the rules and regulations. 	
<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.
 - Fewer students per side give 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, and then switches the teams to a new set.
 - Scrimmage until all students participated.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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
- Volleyball net
- 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>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 or over the net with 80% accuracy. • Set the volleyball to a teammate or over the net with 80% accuracy. • Serve the ball over the net with 80% accuracy. • Students will use skills learned to play volleyball. • Students will compete with other classes following the rules and regulations. 	
<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.
 - Fewer students per side give 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, and then switches the teams to a new set.
 - Scrimmage until all students participated.
 - Teach students about proper volleyball rotation when serving.

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.

Challenge: see how many times the teams can return the ball over then net without mistakes.

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

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