**Unit: Games and Sports Skills(volleying/striking) Grade: K-2nd**

**Suggested Length: 1-2 weeks**

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| Stage 1: Desired Results | |
| Transfer | |
| *Students will be able to independently use their learning and skills to:*  *T1:* perform safe movements that provides the foundation for enjoyment, continued socialdevelopment through physical activity, and access to a physically active lifestyle*.*  *T2:* demonstrate key elements in manipulative skills such as volleying and striking | |
| **Meaning** | |
| **Understandings:**  *Students will understand that…*   * the eyes and hand will work together * the body must be in the correct position for success | **Essential Questions:**  *Students will keep considering…*   1. Are my eyes looking at the item to strike? 2. Where are other students in relation to my body? 3. Will my movements hurt anyone? 4. Are my hands and body in the correct position? |
| **Acquisition** | |
| *Students will know…*   * the eyes and hand will work together * the proper hand and body position for a volley/strike * you may need to move your feet | *Students will be skilled at…*     * volleying a lightweight object (balloon), sending it upward **K** * eye hand coordination while striking a balloon or ball **K** * volleying an object with an open palm, sending it upward **1st** * striking a ball with a short-handled implement, sending it upward. **1st** * volleying an object upward with consecutive hits **2nd** * striking an object upward with a short-handled implement, using consecutive hits **2nd** * striking a ball off a tee or cone with a bat, using correct grip and side orientation/ proper body orientation. **2nd** |
| Stage 2: Evidence/Assessing Learning | |
| **Performance Task(s):**  *Students will show that they really understand by…*   * successfully contacting the ball | **Other Evidence:**  *Students will show they have achieved Stage 1 goals*  *by...*   * observation * Oral response to teacher's questions (*informal Q&A, plickers, exit tickets, etc*) * Proper correction of skills based on self assessment |
| Stage 3: Learning Plan | |
| **Suggested Activities:**  [**Volleyball Unit**](https://drive.google.com/open?id=1pQS558i7K1PwwbzbzVj-80DNRB70yvk1)  [**Bowling Unit**](https://drive.google.com/open?id=1mkNIa7H-NkH98hxL9zdOPgGEuW7VvEqB)  [**Hockey Unit**](https://drive.google.com/open?id=1FbGqrZsn5NIxaRXHOdikVMRG1irSZy4x)  Introduce the importance of a good toss.  Toss and volley an item with a partner.  Toss and volley an item individually- it’s ok if the ball bounces  Forearm pass: 1. front the ball 2. face your platform (arms) to your target 3. transfer your weight forward  Overhead Paa: 1. feet to the ball 2. face your target 3. shape the ball with your hands 4. follow through  Rubric--Volleyball    VOLLEYBALL   * Volleyball * Throw ball over the net * Catch a ball-set over the net * Underhand serve * Overhand serve * Setting to self * Setting off a wall * Setting to a partner * Self set-hit over the net * Self set.-hit to an open space * Forearm pass * Dig * Set -hit to a partner * Return the ball over the net * Blocking * Correct technique in game situation * Small sided games   There are many alternatives for the lead up skills for the volleyball activities and games . The variety of the volleyballs range from balloons and beach balls to a regulation volleyball . The height of the net can be lowered to meet the needs of all students . Also, the size of the playing area can be changed along with even or uneven number of players . The basic setup of the skill progression is best demonstrated by partners or small groups for more participation and touch time .  **Suggested Health:**  **Suggested Technology**  [USVA overhead pass](https://www.youtube.com/watch?v=higqiZY4Nr4)  [The Overhead pass by Salom](https://www.youtube.com/watch?v=Ktgjlccs4TI)  [http://www.bing.com/videos/search?q=volleyball+forearm+pass&FORM=HDRSC3&adlt=strict#view=detail&mid=6817453E2D722E67EB746817453E2D722E67EB74](http://www.bing.com/videos/search?q=volleyball+forearm+pass&FORM=HDRSC3&adlt=strict%23view=detail&mid=6817453E2D722E67EB746817453E2D722E67EB74)  <https://www.youtube.com/watch?v=wmgT_Pi91S8>  [David Fische](http://www.volleyball1on1.com/david-fischer-volleyball-passing-for-beginners/)   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Monday:  LT: | Tuesday:  LT: | Wednesday:  LT: | Thursday:  LT: | Friday:  LT: | | Monday:  LT: | Tuesday:  LT: | Wednesday:  LT: | Thursday:  LT: | Friday:  LT: | | Monday:  LT: | Tuesday:  LT: | Wednesday:  LT: | Thursday:  LT: | Friday:  LT: | | |

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