

This is a preview!

Full “Volleyball Unit” is 45+ pages!

Volleyball Unit:

3-Week 6th-12th Grade **Volleyball Unit**



***“Thank you! No prep necessary.
Complete unit with step by step
lessons. Perfect...” Buyer***



Health Education Today

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

Name	
	01Basketball Tea...er Directions.docx
	01Basketball Teacher Directions.pdf
> 	02Lead Up Games Basketball
	03Study Guide and Test.docx
	03Study Guide and Test.pdf
> 	04Warm Ups and Stretching
	05Great Website for Basketball.pdf
> 	05Workouts
	07Peer Grading Sheet.docx
	07Peer Grading Sheet.pdf
	08Play Score Sheet.pdf
> 	09Learning Targets and Standards
	10Physical Litera...it Check List.docx
> 	11BONUS Jump Rope Tests
> 	12BONUS Olympic Stations
	13Previews of Other Lessons.pdf
	14Troubleshootin...ues with Files.pdf

REAL TEACHERS' REVIEWS ENDORSE **THIS PROGRAM:**

“Zero Prep!

“Wonderful and easy to follow. Really helps students to develop their skills!”

“This was a huge help! Broke down the unit by skills and made teaching my unit so much easier. Thank you!”

“No prep necessary. Complete unit with step by step lessons.”

“Great!”



What is Included in this Program:

1

42 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

42 pages of Step-by- Step Teacher Directions

4-Week Suggested Overview:

WEEK #1

- Go over gym rules (See day 1)
- Bumps/Sets/Serves

WEEK #2

- Review any needed skills. Check off before play:

- High schoolers
 - Start with 15 bumps and 15 sets with a partner, then lower to 10 with a partner, then, 10 self-sets and 10 self-bumps.
- 8th graders-
 - Start with 15 bumps and 15 sets with a partner if the group is small, then lower to 10 with 10. Next, lower to 10 self-sets and 10 self-bumps.

-The goal of checking off is to be able to see each individual's progress. It gives students specific help to those who need it. It also gives students lots of feedback to perfect these valuable skills. After students check off, they can move on to the next skill.

-Drill on 1 court (see Day 6) / Lead Up Games. The idea is not to have students who are having trouble, and that is why we lower the requirement on the third day of check off, I just look for the correct form and make sure they are bumping a plus, check, minus system. Also choose from "Circuit Station", "King's Court," or "4-Square Volleyball" for fun!

WEEK #3

- Begin with squad teams, or teacher chosen teams, then allow students to choose teams when teacher feels they are ready.

-At that time, let students choose Pro or Rec teams. Try to get 4 Pro teams and 3 Rec teams, so there will only be 8 or 9 on a team, and 10 on a team. This way, no group will only have 2 teams and be forced to play.

WEEK #4

GAMES CONTINUED. . .
 "Alternate Activities" offered
 Study Guide and written test (See folder)
 Grading of play



Day 1: Volleyball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Volleyballs	1 for each pair of students	

Today's Instructions: *This unit is designed to either play outside if your weather is still be nice, or in the gym!*

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Go over gym RULES for volleyball

- No watches or bracelets/ may want a long-sleeve shirt
- No kicking the ball
- No shooting baskets with the volleyball
- Roll ball under net, not throw over
- Don't touch the net when going under
- Hold the volleyballs still when we are trying to talk!



Begin BUMPING explanation and demonstration: Here is a great interactive website if you can get online in your gym, to show your students: "WikiHow: How to Bump a Volleyball."
<https://www.wikihow.com/Bump-a-Volleyball>

- Hand position-left hand out, palm up, slap right hand on top of
- Left, palm up, thumb across, cock hands down towards floor
- Sweet spot-show flat arm surface



Program is standards-based:



National Standards

Day 2 +3: Volleyball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Volleyballs	1 for each pair of students	

Today's Instructions: *This is a 2-Day lesson!*

1. Start with a warm-up cardio activity and stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

No cutting cones on corners, or going into the nets or curtain. If seen, all do 10 push-ups. If all students are hustling, we may shorten the routine.

1. 1 min. jogging
2. 1 min. slide and block
3. 1 min. grapevine

4. 1 min. back pedal
5. 1 min. touch jumps
6. 1 min. jogging

Next, warm up with partners bumping back and forth with each other.

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

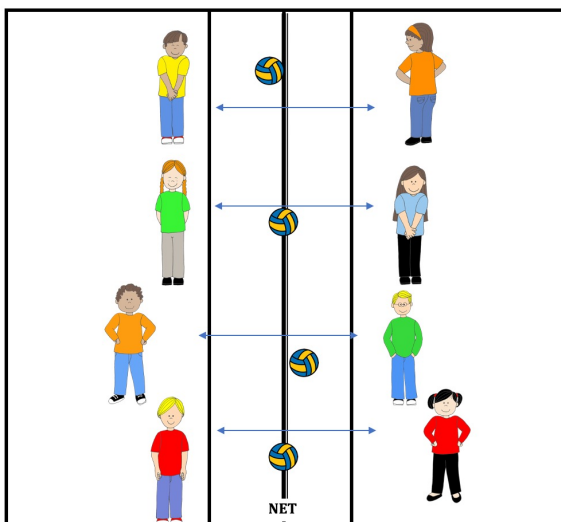
#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



Jogging Warm Up Stretches:

1. heel forward., head to knee-switch sides
2. point and flex foot-switch sides
3. back leg go straight, lean on a wall, back heel down-switch sides
4. arm straight forward use opposite hand to pull arm across chest-switch sides
5. grab both hands behind back and lean forward
6. turn L. and be centered-put head to both knees
7. stand it up-still centered, hands behind back, pull ~~forw.~~ head to both knees
8. quad stretch legs-bend knee and grasp foot and pull-switch sides



6. OPTIONAL: ADVANCED VOLLEYBALL SKILLS:

1) How to Jump Serve a Volleyball:

<https://www.wikihow.com/Jump-Serve-a-Volleyball>

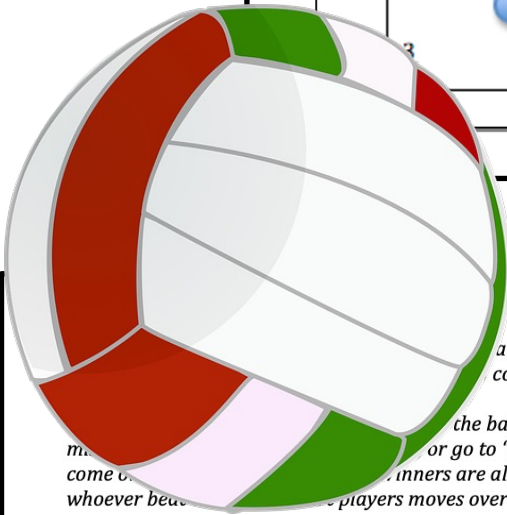
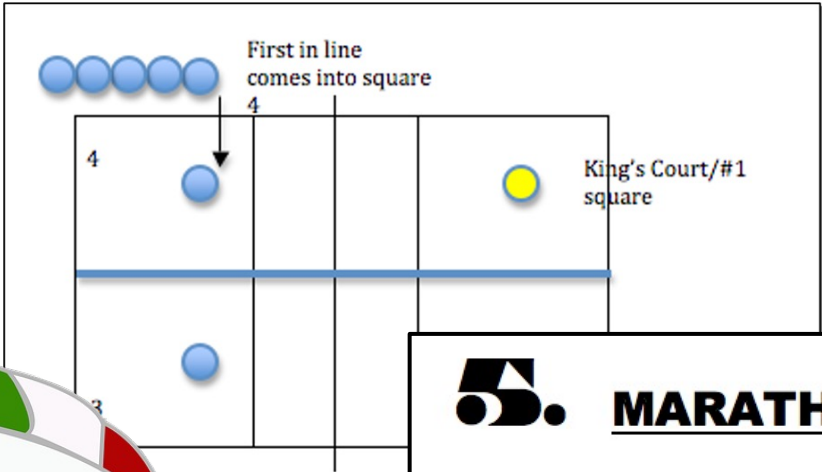


- 3 Toss the ball in the air. To do a float serve, use both hands. To make the ball spin, throw it up with your dominant hand with a topspin. Toss the ball high and in front of you. You should be able to do an approach before you hit the ball, so make sure that you throw it in front of you and high enough, so that it floats just behind the serving line.
 - A good rule is to throw the ball the way that you like the ball to be set to you. If you like your sets low, then throw the ball lower. If you like your sets higher, throw the ball higher.

3

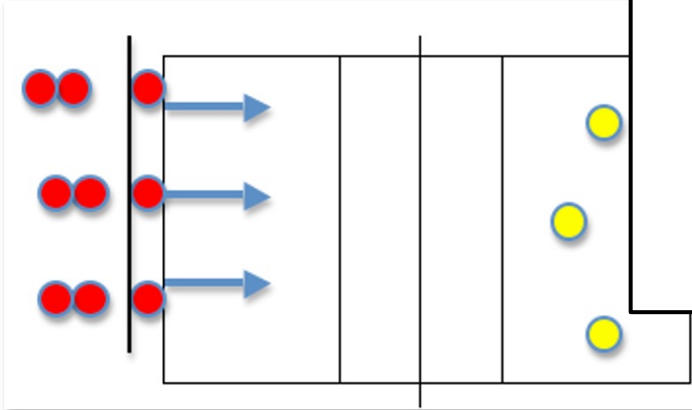
Lead up games!

4-Square Volleyball: (this one is really fun!!) Set up 4 small squares in a court by setting up a second net across the first net so it makes 4 small courts like the 4 square lines. Have a line of people ready to come in. Winner serves. Loser goes to end of the line. First person in line comes into square 4.



all players line up in 3 line
come onto the court.

the ball and they rally. When
or go to "King's Court, losers go o
come o... winners are always in the "King's Cour
whoever bea... players moves over to the King's Court side.



5. MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



4

Unit Test and “Peer Assessment Sheet”

Name: _____

Per: _____ Date: _____

VOLLEYBALL WRITTEN TEST:

A. TRUE/FALSE: Place a T or F in the blank.

- ____ 1. Only the serving team may score.
- ____ 2. A ball landing on any of the lines is good.
- ____ 3. It is legal to touch the ball with the hands.
- ____ 4. The first team to score 25 points wins.
- ____ 5. A volleyball player can touch the ball with their feet.
- ____ 6. Team A can touch the ball with their hands.
- ____ 7. During a rally, a player can touch the ball with their hands.
- ____ 8. Team B can touch the ball with their hands.
- ____ 9. A player can touch the ball with their hands.
- ____ 10. A player can touch the ball with their hands.

Name: _____ **KEY** _____

VOLLEYBALL WRITTEN TEST:

A. TRUE/FALSE: Place a T or F in the blank.

- ____ F ____ 1. Only the serving team may score.
- ____ T ____ 2. A ball landing on any of the lines is good.
- ____ F ____ 3. It is legal to touch the ball with the hands.
- ____ F ____ 4. The first team to score 25 points wins.
- ____ F ____ 5. A volleyball player can touch the ball with their feet.

Student Assessment Form:

Student Name: _____

Period: _____ Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



8 Team Round Robin

Team 1	Team 2	Team 3	Team 4
W L	W L	W L	W L

Team 5	Team 6	Team 7	Team 8
W L	W L	W L	W L

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
2 vs 1	3 vs 4	6 vs 2	7 vs 5	1 vs 3	4 vs 5	7 vs 3
3 vs 8	1 vs 7	7 vs 8	8 vs 4	4 vs 2	8 vs 1	8 vs 2
4 vs 7	8 vs 6	4 vs 1	2 vs 3	5 vs 8	2 vs 7	1 vs 5
5 vs 6	2 vs 5	5 vs 3	6 vs 1	6 vs 7	3 vs 6	6 vs 4

Circle Score: Grade:



A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement

Alternate Ideas During Game Play:

-Dancing is a life-long activity.

-Keeping the body fit is a life-long activity.

-Jump roping is a life-long easy fitness activity to do yourself, almost anyplace, anywhere. Tuck a jump rope and even exercise while you travel

Alternate Suggestions

1. Ping Pong: If you can set up a table of your gym, this works great

2. 4-Square: It's easy to set up in the gym

3. Line Dancing-bring out students if you see them. Basketball game! If needed, make!) a big poster of a "Dance" folder in the "In"

4. Jump Roping: Bring out short ropes. You could put them from that unit in "Inside the Box" jump until they miss and catch it down on a poster and then

5. Give them a boom box and have students do the

6. Or, off

What would you like to do in PE this year? Using this list **circle 10 activities you would like to do**. Of those 10, choose your favorite 5, and number them from 1-5, with 1 being the activity you would **most like to do** all the way to number 5.

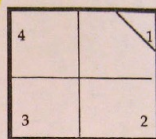
☐ 4-Square	☐ Karate/self-defense
☐ aerobics/dance	☐ line dancing
☐ archery	☐ Nutrition lessons-diets, calories, fast food info, dangers of energy drinks, body fat %
☐ backpacking/camping skills	☐ obstacle courses
☐ badminton	☐ orienteering (compass/geocaching)
☐ ballroom Dancing	☐ pickleball
☐ basketball	☐ ping pong
☐ body workouts (abdominal work, leg and arm work, stretches)	☐ putt putt golf
☐ bicycling	☐ relays
☐ bowling	☐ self-defense/trust building
☐ Bucca Ball	☐ Salsa Dancing
☐ canoeing/boating	☐ scooters
☐ combatives (St	☐ roller blading
☐ Croquet	☐ soccer
☐ Dodgeball	☐ softball
☐ fitness test	☐ Speedball
☐ fitness work	☐ square dancing
☐ be a fitn	☐ around the gym
☐ jump roping	☐ or rotate through
☐ football	☐ step benching
☐ Frisbee Golf	☐ Team Handball
☐ golf	☐ Set gym up like a sports
☐ hacky sack	☐ Ultimate Frisbee
☐ handball	☐ Zumba
☐ hiking	☐ walking
☐ hip hop dancing	☐ weight training
☐ track events	☐ yoga
☐ volleyball	
☐ horseshoes	

Any other suggestions:

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FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**
5. The ball does not have to bounce before being hit, but if it does bounce, it may only bounce once.
6. Lines are good!!!
7. No catching or carrying
8. When you miss, go to end of line and next person waiting comes into #4 square.
9. Ball must be hit with an open hand with fingers either up or down-no fists. Using 1 hand is fine.



Offer active alternatives
for students who don't
want to play in games!

Learning Target Posters Included:



Free Updates! Just re-download.

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

Teen and younger kid graphics are from:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>



Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>