

Assignment #11 Create a Lesson

A. Pre-Planning

1. Content Standards/Common Curriculum Goal:

***Society of Health and Physical Educators National Physical Education Standards**

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

***Oregon Department of Education**

- PE.1.HS.1:
 - *Level 2:*
 - Refine under/over hand serve in volleyball.

2. Lesson Goal:

During this lesson our students will develop the skills that are required to be proficient in serving the volleyball. We are looking for 1 out of 2 serves over the net.

3. Behavioral Objectives:

Students will get into small groups of 6 or 8 and perform and scrimmage opposing teams.

4. Integration of other subject areas:

Students will employ reading and comprehension when examining the workout of the day.

5. Accommodations for diversity:

* 504 Plans - Any student who cannot see the whiteboard may move closer to view the written material.

- Students will be able to select who their own partners are based on skill level and comfortability.

* ELL - Any important lifting terminology about the lesson will be written in the student workbook.

* IEP - Students who need more time to read and process information will be allowed extra time.

* SPED - If students do not feel comfortable to perform the activity, they can perform alternative exercises or can move at their own pace.

* TAG - Modifications will be made engage students level of interest.

6. Resources and Materials:

- White board & dry erase pen.

- Volleyball, Nets.

B. Implementation

Lesson Outline

Section 1 - Locker Room

- Students will meet in the locker room and dress down.
- When students are finished, they will sit on bench and wait for the all clear to head to the gym.

Section 2 - Attendance Line

- Students will then line in their attendance line, alphabetical A-Z. I will then call students by last name. When Students hear their name they will continue to walk around gym.

Section 3 - Walk Around

- Students will walk around the gym to be social and increase heart rate. This will be for about 1 or 2 songs. Each song will take about 3 minutes.

Section 4 - Dynamic Warm Up

- Students will then line up on the sideline of the basketball gym and will begin the dynamic warm up.
 - High Knees, Butt Kickers, Forward Lunge, Backward Lunge, Knee Hug, Quad Stretch, Frankenstein, Toe Touches, High Knee Power Skip, Sprint.

Section 5 - Group Session #1

- Students will sit around 3 point line, and review Bump and Set fundamentals.
- Forearms, thumbs, legs - Window, extension, fingertips, legs.

Section 6 - Activity #1

- Students will then break into groups of 6-8 and practice the bump and set fundamentals.
- Circle and bump & set.

Section 7 - Group Session #2

- Students will sit around the 3 point line and introduce the volleyball serve.
- Same and same foot, Hard palm, straight follow through.

Section 8 - Activity #2

- Students will get into lines on each side of the court and practice hitting the volleyball over the net to the other groups on the side. We will have 6 cones on each side of the net. 12 in total. Groups of 3-4 per cone.
- Same hand/foot, contact point, straight follow through.

Section 9 - Group Session #3

- Bring student in to the 3 point line on court, and explain rotation and on court for 6v6 or 8v8, and address that students will be evaluated on correct form for over/under hand serve.

Section 10 - Activity #3

- Students will then break into groups of 6 or 8 and scrimmage. I will walk around and assess serve form.

Section 11 - Closure

- Students will come to the 3 point line and we I will ask about critical elements of bump, set and serve.

Section 12 - Locker Room

- Students will meet in the locker room and dress down.