

## Week 1

### *Massachusetts Performance Standards*

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

### UNIT – VOLLEYBALL

1. Forearm Pass
2. Overhead Pass

#### Objectives (Students will...)

1. Students will be able to execute the forearm pass such that a stationary target is hit in 10 out of 10 attempts.
2. Students will be able to execute the overhead pass such that a stationary target is hit in 8 out of 10 attempts.

#### Essential Question

1. What are the proper mechanics for executing the forearm pass?
2. What are the proper mechanics for executing the overhead pass?

#### Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

#### Teacher Resources

1. Serve It Up: Volleyball For Life by William Neville
2. Volleyball Courts
3. Volleyballs

#### Media and Technology Resources

1. None

#### Evaluation/Activities

**Lecture/Demonstration:** The forearm pass and overhead pass.  
**Class work:** Practice the forearm pass and the overhead pass.  
**Homework:** None  
**Review:** None  
**Quiz:** None

**Lesson Completion Date** 3-5-10

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 2**

***Performance Standards***

***The students will: The students will:*** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson  
UNIT – VOLLEYBALL**

1. The Serve

**Objectives**

1. Students will be able to execute the serve (overhand or underhand) such that a stationary target is hit in 10 out of 10 attempts.

**Essential Question**

1. What are the proper mechanics of the overhand and underhand serve?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Serve It Up: Volleyball For Life by William Neville
2. Volleyball Courts
3. Volleyballs

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** Practice the serve.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** 3-12-10

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 3**

***Performance Standards***

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson  
UNIT – VOLLEYBALL**

1. Rules of Volleyball
2. Strategy of Volleyball

**Objectives**

1. Students will demonstrate understanding of the rules of volleyball in game situations.
2. Students will demonstrate understanding of volleyball strategy in game situations.

**Essential Question**

1. How do the rules of volleyball help the flow of play?
2. How does strategy help a team achieve the goal of winning a game?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

**Teacher Resources**

1. Serve It Up: Volleyball For Life by William Neville
2. Volleyball Courts
3. Volleyballs

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** 3-19-10

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 4**

***Performance Standards***

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson**  
**UNIT – VOLLEYBALL**

1. Games

**Objectives**

1. Students will apply skills learned from previous lessons to a competitive game situation.

**Essential Question**

1. Can students apply skills learned to a game situation?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Serve It Up: Volleyball For Life by William Neville
2. Volleyball Courts
3. Volleyballs

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** 3-26-10  
**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

