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| Month: November |
| Focus: VolleyingSkill development (5.4, 5.5)Performance refinement (5.6, 5.7)Rules (5.8) |
| Week: One (Basic skills for volleying and relating to punting) | Week: Two (Performance cues) | Week: Three (Tactics, games, applications) | Week: Four (Playing a game, rules) |
| Essential questions:How do throwing, catching and kicking relate to volleying?How can I vary and refine skills I already know?How does one skill relate to another? | Essential questions:Why are performance cues important and how can they help me?Why practice skills in different ways? How can I use a single skill in a bunch of ways? | Essential questions:How can I improve? How will performance cues, tactics and movement variables help me?How can I play smarter? How can I work less but do better? | Essential questions:Who should be responsible for making sure rules are followed?Why might it be difficult to be an official?Why is thinking as important as moving? |
| Criteria:Express and apply ways to volley to utilization level. Refine selected skills, tactics and strategies.Refine manipulative skills in complex movement activities 🡪 striking with hands ReflectApply performance cues, movement variables and tactics to improve self and others. Understand and accept rules. |
| Knowledge-building:Vocabulary: volley, strike, follow throughSkills: Volleyball set, pass (bump), arm and leg position, body readiness, striking with hands, ways to send, volley, strike | Knowledge-building:Vocabulary: Self analyze, performance cue, accuracy, performance feedbackSkills: serves, verbalizing performance cues, feedback tools | Knowledge-building:Vocabulary: Principles of practice, tactics, strategies, ruleRules for volleyballTactics, direction change, principles of practice | Knowledge-building:Vocabulary: Official, fact, opinionDifference between appropriate and inappropriate behaviours |
| Learning experiences (warm-up, main event, cool down):* No net first week
* Warm ups (10 minutes) – running with music (beep test), warm up games, popcorn, volley/ throw game (running to switch places)
* Main events (15 minutes) – Soft volleyball drills, beach ball drills, gator ball drills, self and partner, self and wall, target, non-example with tennis or wiffle balls with a volunteer or two, setting 5 times consecutively and how many sets in a given time (track growth)
* Cool downs/ closure – reflections of today and looking to tomorrow, compare/ contrast, essential questions
 | Learning experiences (warm-up, main event, cool down):* Warm ups – cardio and muscular endurance
* Main events – work with volleyballs only; serving underhand and overhand (accuracy - target and distance); saying aloud their performance cues; partner work with analysis and feedback; mini-partner game; count number of volleys without hitting the floor; videotaping; competition and graphing volleying as a class; small groups (L to J and ATB); groups of 3 and ready position data
* Cool down and closure – see last week
 | Learning experiences (warm-up, main event, cool down):* Warm ups – see previous
* Main events – Rules for volleyball; tactics; playing smart; strategies; bring out net; divide in half and half play; the other half watch a partner, give feedback;
* Cool down/ closure – Return to essential questions,
 | Learning experiences (warm-up, main event, cool down):* Warm ups – see previous
* Main event – game play; talk about more complex rules; lines officiating focus; accepting calls; YouTube videos; assessing; cross curricular integration – reflecting on skills and rules in written or pictorial form (journal), negative video- not accepting a call and discuss how it affect endorsements
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