

Volleyball Lesson: (Volleying)

Pillar: Trust

Date:	Time: 30 minutes	Grade: 5	Teacher: Mrs. Barlow
Provincial Learning Outcome: B3 demonstrate proper technique to receive (e.g., catch) an object while adjusting to varying speeds and different levels			
Learning Outcomes		Sources of Evidence	Criteria
S.W.B.A.T.: 1) demonstrate the basic overhead volley hand position 2) Trust: trusting in your ability to learn a challenging skill		1) The student will catch volleyball in the proper hand position, receiving from a wall and a partner’s underhand toss. 2) Thumbs up/down	1) The student will use the proper hand position, including soft triangle, wrist cocked, thumbs pointing at forehead and arms overhead. 2) At least 80% of students feel more confident in their ability to volley
<u>Time</u>	<u>Student Activity</u>		<u>Class Organization</u>
5 min	Instant Activity: <i>Follow the Leader:</i> Enter gym with music playing and form five lines facing leader (teacher). Follow the actions the teacher is doing to the music, emphasizing whole body movement and arms above head.		
2 min	Hook: <i>Soft taco/Hard taco:</i> Which is easier to wrap? to eat? Today we’re going to learn the position for our hands when hitting the ball from overhead: the volley. (Soft triangle position of hands is like a soft taco: more control/success.)		
3 min	Series of Tasks: [Students are in pairs around the perimeter of the gym, at the wall] <ul style="list-style-type: none"> <u>Task:</u> (Individually) Ready position and forearm pass (bump) <u>Cue:</u> Thumbs down, extend arms <u>Task:</u> The volley: lightly push the ball overhead and catch it using <i>soft hands</i> position <u>Cue 1:</u> = <i>soft triangle</i>: Form <i>soft triangle</i> with hands (like a pyramid, cupping the hands, wrists cocked) <u>Task:</u> Push the ball higher <u>Cue 2:</u> = <i>Hands above head</i>, look up & form <i>soft triangle</i> <u>Challenge:</u> Can you move a step sideways and catch the ball? <u>Cue 3:</u> = Point <i>thumbs at forehead</i> 		
4 min	<ul style="list-style-type: none"> <u>Task:</u> Wall-Volley the ball, one arm’s length from wall, bouncing ball off wall and catching it <u>Cue 1:</u> <i>soft triangle</i> hands <u>Challenge:</u> How many times in a row can you catch it using <i>soft triangle</i> hands? <u>Intrataask Variation:</u> allow less skilled students to stay with Task One (no wall volley.) 		
4 min	<ul style="list-style-type: none"> <u>Task:</u> With partner, practice the volley hand position “A” throws ball in air to “B” who catches in volley hand position (5x, switch) <u>Cue 2:</u> <i>Hands above head</i> <u>Task:</u> Move a step apart and repeat <u>Challenge:</u> Can you toss and catch it back and forth between partners? 		
7 min	Group Activity: <i>Toss and Run</i> (6 lines, 3 per side): Underhand toss to player on opposite team who catches in volley position, then tosses to opposite player while first player runs to back of opposite line. Repeat sequence until everyone has had 3 turns.		
5 min	Closure: In center circle, discuss the importance of trusting yourself, especially with the overhead volley. Thumbs up/down if you feel more confident in your ability to volley overhead. Then, call on students to describe the volley hand position.(look for <i>cues</i>) Ticket out the door: show the teacher the overhead volley hand position as you put the volleyball back on the rack (Assessment: Teacher checklist for soft triangle, hands above head with thumbs pointing at forehead, wrists cocked.)		

Equipment: 25 volleyballs, music, CD player	Adaptations: Beginner level (n/a)	Extensions: See challenges for those who need them.
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