

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 B2 demonstrate proper technique to send an object (e.g., throw) at varying distances in predictable settings			
Learning Outcomes		Sources of Evidence	Criteria
S.W.B.A.T.: 1) demonstrates the soft triangle hand position and follow-through to complete the overhead-volley 2) Trust=>makes cooperation and teamwork possible		1) The student will overhand-volley the ball to a partner using proper hand and follow-through technique. 2) Journal Entry: How trust relates to teamwork and cooperation with example.	1) The student will use the soft triangle hand position with wrists cocked, contact ball above head, extend arms toward target and straighten legs. 2) Journal: Trust is essential to teamwork and cooperation; real life example given.
Time	Student Activity		Class Organization
5 min	Instant Activity: <i>Towel Volleyball:</i> Four teams on each side of two nets, pairs sharing towels. Volley a volleyball to teammates using a towel and then over the net. Emphasize trusting teammates to cooperate and work together with one another.		
1 min	Hook: Did you notice how you used your whole body in a smooth continuous motion to launch the ball from the towel? It is sort of like catching a water balloon. This movement is similar to what you will learn today as we complete the overhead volley skill. Q: What made this towel movement work? (Working as a team and cooperating together.) Cooperation and trust are essential in VB (and in life.)		
7 min	Series of Tasks: [Towel partners find a place at the wall around perimeter of gym] <ul style="list-style-type: none"> • Task: (Individually) All demonstrate the overhead volley hand position (soft triangle, hands above head with thumbs pointing at forehead, wrists cocked.) • Cue 1: <i>Ready position</i> facing the direction of play directly <i>underneath</i> the path of <i>ball</i> • Task: From soft hands position, gently push the volleyball above head and catch it again. • Cue 2: <i>Contact ball above head</i> and cradle ball • Task: Push the ball higher in the air, still catching it in soft triangle hands. • Cue 3: <i>Shift weight forward</i> • Challenge: See if you can develop a rhythm of launching and catching the ball • Cue 4: Extend arms toward target and straighten legs (<i>follow through</i>) • Task: Stand an arm’s length from the wall, hold ball in volley position and bounce off wall (forehead height, 15x) • Cue 1: <i>Ready position under ball</i> • Chal/Mot.St.: You may want to see if you can find the right pace for a consistent volley • Task: (Partners) “B” toss ball to “A”; “A” catches properly, then volleys ball to “B”; switch. • Cue 3: <i>Shift weight forward</i> • Challenge/Motivational Strat: You may want to increase the distance by 1m & repeat. • Cue 4: <i>Follow through</i> 		
5 min	Group Activity: <i>Catch Volleyball</i> (Teams/position like Instant Activity.): Underhand toss to player on opposite team who catches in volley position, then volleys to player on team who catches and volleys (3x), then over to the opposite team who does the same. Walk around; observe, give specific feedback using specific cues. Assess technique using a checklist for criteria: body position ready and facing forward; soft triangle hand position; extend arms toward target and straighten legs.		
5 min	Closure: Students gather around one net; teacher demonstrates improper volley; tell partner what’s missing; pinpoint a proper volley; call on students to describe a proper volley. (See criteria in Group Activity above.) Trust: Trust is essential for teamwork and cooperation in the game of VB. Back in class, journal entry giving a real-life example of how trust makes teamwork and cooperation possible.		

Equipment: 25 volleyballs, 2 nets, 12 towels	Adaptations: Intratask Variation: allow those who are challenged to decrease number of wall volleys	Extensions: Extend the number of repetitions; increase accuracy; shift position when partner volleying (see Challenges)
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