

# PS89Q 4-5 Volleyball Physical Education

**Grade:** 4<sup>th</sup>- 5<sup>th</sup> **Unit:** 3 **Time Frame:** January-mid February

**Essential Question:** What is the best way to help your team win a volleyball match?



**Focus Questions:** (What is my child thinking about?)

- What is the best way to hit the volleyball over the net?
- When should I use the set?
- When should I use the bump?
- When do we serve a volleyball?
- How can I work together with my teammates?

**Student Outcomes:** (What can my child do after this unit is over?)

- Use the bump, set, and underhand serve in different stations.
- Use the bump, set, and underhand serve in game play.
- Use communication skills in stations and game play.
- Understand the rules of volleyball.

**Performance Tasks:** (End-of-Unit task)

- Students will have collected data on different fitness activities (push ups, curl ups, box jumps, jump rope, balancing) using google forms on the iPad in their fitness station.
- Students will be able to bump a beach ball or modified volleyball to themselves or to a partner.
- Students will be able to set a beach ball or modified volleyball to themselves or to a partner.
- Students will be able to underhand how to serve a beach ball or modified volleyball to a partner.
- Students will work together with teammates by communicating and using team work in game play.

**Formative Assessment:**

- Students assessed how tired they were on our perceived exertion scale (1-10 based on how tired they were after engaging in the activity).
- Students used the thumbs self assessment scale to describe how they felt after learning a new activity in the unit (2 thumbs up= I understand, 1 thumb up= I am starting to understand, but need more practice, a fist= I need more help understanding).
- Students will fill out a google form for different fitness activities based on how many they completed in the station. They will be able to track their data on a weekly basis.

**Modifications:**

4 <sup>th</sup>	5 <sup>th</sup>
<ul style="list-style-type: none"> <li>• Students will use beach balls when practicing the bump, set, and underhand serve.</li> <li>• Students will be allowed to hit or pass the beach ball up to four times before it has to go over the net to the other team.</li> </ul>	<ul style="list-style-type: none"> <li>• Students will use beach balls or modified volleyballs when practicing the bump, set, and underhand serve.</li> <li>• Students will be allowed to hit or pass the beach ball or modified volleyball up to three times before it has to go over the net to the other team.</li> </ul>