

**Power Volleyball (Master)**

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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><b>CEQ:</b></p> <ul style="list-style-type: none"> <li><b>WHAT ARE THE IMPORTANT ELEMENTS OF VOLLEYBALL</b></li> </ul> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <li><i>What are the skills necessary for volleyball?</i></li> </ul> <p><b>Skills</b></p> <ol style="list-style-type: none"> <li>Passing</li> <li>Setting</li> <li>Serving</li> <li>Hitting</li> <li>Blocking</li> <li>Digging</li> <li>Run-through</li> </ol>	<p><b>Skills</b></p> <p>1-5. Demonstrate the correct form of passing, setting, serving, and hitting.</p> <p>6-7. Explain correct form for executing a run-through and a dig.</p> <p>1-7. Identify the important cues for all skills.</p> <p>1-3. Evaluate and critique peers on their form of passing, setting, and serving.</p> <p>6. Explain the concept of taking away court space and effective block placement.</p>	<p><b>Skills</b></p> <p>LT1. I can pass a volleyball with good efficiency, communication and form.</p> <ul style="list-style-type: none"> <li>- platform</li> <li>- posture</li> <li>- center ball</li> <li>- call mine</li> </ul> <p>LT2. I can set a volleyball with good efficiency, communication and form.</p> <ul style="list-style-type: none"> <li>- shape/high hands</li> <li>- step-shift</li> <li>- squared-up</li> <li>- call mine</li> </ul> <p>LT3. I can serve a volleyball with good efficiency and form.</p> <ul style="list-style-type: none"> <li>- ready/open</li> <li>- lift-step</li> <li>- balance</li> <li>- contact</li> </ul>	<p><b>Skills</b></p> <p>1-3 S4.H3</p> <p><b>Rules</b></p> <p>S4.H2</p> <p><b>Offenses/Defenses</b></p> <p>S4.H4</p>	<p><b>Skills</b></p> <p><b>CFA &amp; CSA = Teacher observation for performing passing, setting, serving, and hitting. (checklist attached for pre/mid/post test)</b></p> <p><b>CSA = True/False, matching, multiple choice, short answer written test (attached)</b></p> <p><b>CSA = Teacher observation of students in a game setting.</b></p> <p><b>CFA = Self-review with teacher supervision, of individual skill</b></p>	<p><b>Skills</b></p> <p>Ipad for video review</p> <p>Video clips of professional volleyball on class website</p> <p>Key Vocabulary:            Passing            Setting            Hitting/Attacking            Block            Dig            Run-through</p>

<p><i>UEQ:</i></p> <ul style="list-style-type: none"> <li>• <i>What are the rules of volleyball?</i></li> <li>• <i>What are the specific roles of the officials?</i></li> </ul> <p><b>Rules</b></p> <ol style="list-style-type: none"> <li>1. Scoring</li> <li>2. Positions</li> <li>3. Refing</li> </ol> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <li>• <i>What offenses/defenses are used in volleyball?</i></li> </ul>	<p><b>Rules</b></p> <ol style="list-style-type: none"> <li>1a. Explain rally scoring.</li> <li>1b. Record substitutions, scoring, and timeouts on volleyball scorecards.</li> <li>2. Recognize when players are out of position/overlapping and correct it.</li> <li>2. Identify the duties of the libero.</li> <li>3a. Demonstrate the duties of both the up and down ref in a game setting.</li> <li>3b. Explain the duties of the line judge.</li> </ol>	<p>LT4. I can attack a volleyball with good efficiency and form.</p> <ul style="list-style-type: none"> <li>- approach</li> <li>- timing</li> <li>- ball to body</li> <li>- swing/high contact</li> <li>- topspin</li> </ul> <p><b>Rules</b></p> <p>LT1.I can play a game of volleyball using the correct rules and scoring.</p> <p>LT2. I can officiate a game in a variety of positions (up ref, down ref, line judge)</p> <p><b>Offenses/Defenses</b></p> <p>LT1. I can locate my</p>		<p><b>video of passing and serving.</b></p> <p><b>Rules</b></p> <p><b>CSA = True/False, matching, multiple choice, short answer written test (attached)</b></p> <p><b>CFA &amp; CSA = Teacher observation of students in a game setting.</b></p>	<p><b>Rules</b></p> <p>2019-20 volleyball rules book</p> <p>Key Vocabulary:</p> <ul style="list-style-type: none"> <li>Lift</li> <li>Middle Hitter</li> <li>Outside Hitter</li> <li>Rightside Hitter</li> <li>Setter</li> <li>Foot-fault</li> <li>Line judge</li> <li>Up ref</li> <li>Down ref</li> </ul> <p><b>Offenses/Defenses</b></p>
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<p><b>Offenses/Defenses</b></p> <ol style="list-style-type: none"> <li>1. 4-2</li> <li>2. 5-1</li> <li>3. 6-2</li> <li>4. Rotation defense</li> </ol> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <li>• <i>Why is communication important in volleyball?</i></li> </ul> <p><b>Communication</b></p> <ol style="list-style-type: none"> <li>1. Mine</li> <li>2. In/Out</li> <li>3. On/Off/Over</li> <li>4. Freeball</li> <li>5. Tip</li> <li>6. Hit</li> <li>7. Downball.</li> </ol> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <li>• <i>How does one effectively &amp;</i></li> </ul>	<p><b>Offenses/Defenses</b></p> <ol style="list-style-type: none"> <li>1. Explain the difference between outside (5), middle (2), right side(9) hits.</li> <li>1-3. Demonstrate the various offensive positions.</li> <li>1-3. Compare and contrast the various offenses.</li> <li>4. Demonstrate rotation defense.</li> </ol> <p><b>Communication</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate use of "Mine" to clarify intention to make next touch.</li> <li>2. Demonstrate use of the terms "in" and "out" when receiving a ball from the opponent.</li> <li>3-7. Demonstrate use of the cues on/off/over, freeball, tip, hit and downball to prepare team for receiving the opponent attack properly.</li> </ol> <p><b>Movement Patterns</b></p> <ol style="list-style-type: none"> <li>1 &amp; 3. Demonstrate step-balance, push-slant, and push-drive-slant</li> </ol>	<p>assigned position (OH, MB, RH/S) on the court easily and efficiently when running a 4-2, 5-1, or 6-2.</p> <p>LT2. I can perform the proper footwork when transitioning in various situations (freeball, downball, attack).</p>	<p><b>Offenses/Defenses</b></p> <p><b>CSA = True/False, matching, multiple choice, short answer written test (attached)</b></p> <p><b>CFA &amp; CSA = Teacher observation of students in a game setting.</b></p> <p><b>Communication</b></p> <p><b>CFA &amp; CSA = Teacher observation of students in a game setting.</b></p> <p><b>Movement Patterns</b></p> <p><b>CFA &amp; CSA = Teacher observation of</b></p>	<p>Student Handout for 4-2, 5-1, 6-2</p> <p>Key Vocabulary: Back Row Front Row 10 foot line 5-1 Rotation 4-2 Rotation 6-2 Rotation</p> <p><b>Communication</b></p> <p>Key Vocabulary: Mine In/Out On/Off/Over Freeball Tip Hit Downball Outside/Middle/Right “5,2,9” hitting calls</p> <p><b>Movement Patterns/Rhythm</b></p> <p>Key Vocabulary: Approach Step-balance</p>
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<p><i>efficiently move in volleyball?</i></p> <p><b>Movement Patterns/Rhythm</b></p> <p>1. Blocking Footwork</p> <p>2. Serve Receive/Digging Footwork</p> <p>3. Approach and Blocking Footwork Rhythms</p>	<p>blocking footwork patterns.</p> <p>2. Demonstrate the use of shuffle footwork to get behind the ball when receiving serve or digging a ball.</p> <p>3. Demonstrate 3 or 4-step approach.</p>			<p><b>students in a game setting.</b></p> <p><b>CFA = Teacher observation of students in a drill setting.</b></p>	<p>Serve Receive Dig</p>
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