



BUMP & SET 4-SQUARE

STUDENT TARGETS

- **Skill:** I will pass and set to a strategic space.
- **Cognitive:** I will describe the strategies used to strike with control.
- **Fitness:** I will actively engage and work to improve my bumping/setting skills.
- **Personal & Social Responsibility:** I will use positive language and challenge my partner(s) to improve.

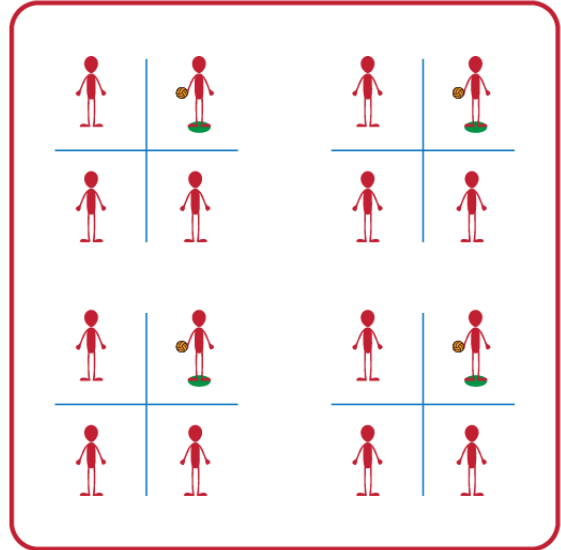
EQUIPMENT & SET-UP

Equipment:

- 1 Foam ball or beach ball per group of 4 students
- 2 Jump ropes per group of 4 students
- 1 Spot marker per group of 4 students

Set-Up:

- Divide students into groups of 4.
- Use 2 Jump Ropes to create a grid of 4 squares
- Assign one student to each square.
- Designate one square as the server square and place a spot marker in that square.
- Student in designated server square will begin with the foam ball.



ACTIVITY PROCEDURES

1. This activity is called Bump and Set 4-Square. The object of the game is to successfully bump or set the ball into one of your opponent's squares.
2. On the start signal, the server will begin the game by tossing the ball to another player who will choose between a bump or set to pass the ball to another square. Play continues as long as the ball is passed in the air from square to square without hitting the ground. If a ball lands on one of the ropes you will replay the point.
3. When a score occurs (the ball hits the ground) all players rotate clockwise and the new server begins a new round.
4. *Teachers: If you have groups with more than 4 students, you can have a student waiting to rotate into the game act as the official until they enter the game.*

GRADE LEVEL PROGRESSION

- **Grade 3:** Play as described above.
- **Grade 4:** Players must alternate between a bump and a set for each hit.
- **Grade 5:** Add an overhead strike (spike) as an option.

TEACHING CUES

- **Cue 1:** Body in ready position (knees bent, head up, feet shoulder width apart, hands ready, facing partner).
- **Cue 2:** Follow through.
- **Cue 3:** Power comes from the legs, not the arms.
- **Cue 4:** Get under the ball.



BUMP AND SET 4-SQUARE (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Increase/decrease the size of the square.
- **UDL 2:** Use modified equipment as needed (e.g., beeper ball, balloon, beach ball).
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

ACADEMIC LANGUAGE

Bump, Set, Spike, Server, Toss, Challenge

PRIORITY OUTCOMES

Manipulative Skills:

- **(3)** Demonstrates manipulative skills using mature patterns for accuracy and control.
- **(4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
- **(5)** Executes a variety of manipulative skills with control and accuracy in small-sided games.

DEBRIEF QUESTIONS

Personal and Social Responsibility Question Set:

- **DOK 1:** What does it look like when partners challenge each other?
- **DOK 2:** How do you overcome a challenge? What strategies did you use?
- **DOK 3:** What did you do to challenge your partners? What strategies did you use?

Skill-based Question Set:

- **DOK 2:** Did alternating your strikes make the game easier or more difficult?
- **DOK 3:** How did adding an overhead strike (spike) make the game more challenging?