



## MODULE OVERVIEW

### ABOUT THIS MODULE:

This module builds on the skills introduced in the 6-8 Volleyball module through skill-specific volleyball lead up activities and games. Passing, serving, and application of strategies/tactics in small-sided games and activities are some of the focus areas. A variety of other learning outcomes are also addressed within the module's activities including working within a team and providing/receiving skill-based feedback.

The activities within this module develop and reinforce responsible behaviors, while introducing volleyball skills that may be new to some students. All participants are given the opportunity to explore volleyball skills in a fun and engaging environment where all students can feel successful. This can allow all students to also participate in social engagement and building connections with their classmates that can extend beyond physical education.

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### PRIORITY OUTCOMES:

#### Etiquette:

- **(Grades 9-12)** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance.

#### Manipulative Skills:

- **(Grades 9-12)** Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities.

#### Personal Challenge:

- **(Grades 9-12)** Chooses an appropriate level of challenge to experience success and a desire to participate in self-selected physical activity while working toward personal fitness goals.

#### Social Interaction:

- **(Grades 9-12)** Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

#### Working with Others:

- **(Grades 9-12)** Uses communication skills and strategies that promote positive team/group dynamics.

### SUGGESTED BLOCK PLAN

Lesson #	Activities	Suggested Academic Language
1	<b>Instant Activity:</b> R, P, S, Victory Lap <b>Volleyball Focus:</b> Vollarapalooza	Bump, Set, Spike, Serve, Spirit of the Game
2	<b>Instant Activity:</b> Hula Hoop Tower Relay <b>Volleyball Focus:</b> Money Ball	Serve, Underhand, Overhand, Target
3	<b>Instant Activity:</b> High-5 Bank Account <b>Volleyball Focus:</b> Three & Run	Passing, Boundary, Teamwork, Strategy
4	<b>Instant Activity:</b> Toss 3 <b>Volleyball Focus:</b> Pass and Go	Force, Control, Cooperation, Accuracy
5	<b>Instant Activity:</b> Three & Run <b>Volleyball Focus:</b> Volleyball Tabata	Tabata, Strength, Fitness, Body Position
6	<b>Instant Activity:</b> Pass and Go <b>Volleyball Focus:</b> Bingo, Bango, Bongo	Positive Language, Communication, Teamwork
7	<b>Instant Activity:</b> Volleyball Tabata <b>Volleyball Focus:</b> Volley Tic Tac Toe	Volley, Rally, Challenge, Technique
8	<b>Volleyball Focus:</b> Volleyball Royal Court	Rotation, Serve, Teamwork, Integrity