



THREE AND RUN!

STUDENT TARGETS

- **Skill:** I will work with my partners to use a variety of volleyball passes during this activity.
- **Cognitive:** I will discuss strategies that helped my team be successful.
- **Fitness:** I will stay actively engaged throughout the game in order to increase my heart rate.
- **Personal & Social Responsibility:** I will show integrity by playing fair and communicating using positive language.

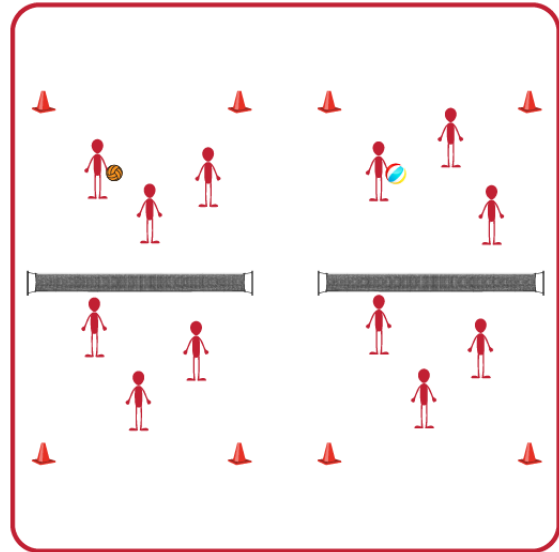
EQUIPMENT & SET-UP

Equipment:

- 1 volleyball per net/activity space
- 1 volleyball net (or modified net) per two groups
- Boundary markers for each net/activity space

Set-Up:

- Pair students in groups of 3 and have each group begin facing another team on one side of a net/activity space.
- Set up one net (or modified net) for each two groups of students. You can also have 4 groups at each net if needed, with two teams in the activity space and one team ready to rotate in on each side.
- Have a variety of equipment available for teams to choose from (e.g., traditional volleyball, volleyball trainer, foam ball).



ACTIVITY PROCEDURES

1. This activity is called Three and Run! The object of the game is to practice the different volleyball passes within your team before successfully hitting the ball over the net.
2. You do that by using any volleyball pass with your teammate(s) before the ball goes over the net to the other team. You can use a forearm pass (bump) or overhead pass (set) until each person on your team has touched the ball. Remember, all members of your team must touch the ball before it can be hit over the net, but you only get three total touches to make that happen!
3. After you pass the ball to one of your teammates, you will run to the court endline (or boundary markers) before re-entering play. Make sure you get back into your athletic stance once you re-enter so you are ready when the ball comes back over the net to your side. *Teachers: if you need to have a group waiting to rotate in make sure to describe how and when they rotate in.*
4. Your team gets one point for each set of 3 passes where the ball successfully goes over the net on the third hit. We will play for 5 minutes, and then the team with the most points will rotate one court to their right before we play again.

GRADE LEVEL PROGRESSION

- **Level 1:** Have a team of 3 students on each endline. When a player runs to the endline after passing the ball, tag the first person in the line and that person enters into the game in their spot.
- **Level 2:** Set up your nets so you have 4 courts using a cross net set up. Same procedures as Level 1, but now teams can pass the ball to any of the other three teams after their 3 passes.

TEACHING CUES

- **Cue 1:** Communicate with your team using positive language.
- **Cue 2:** Follow the skill cues for the forearm pass (bump) and overhead pass (set).
- **Cue 3:** Make sure all of your teammates have touched the ball (max of 3 touches) before your team hits it over the net.

**THREE AND RUN!** (continued...)**UNIVERSAL DESIGN FOR LEARNING**

- **UDL 1:** Use modified equipment as needed (e.g., foam ball, balloon or beach ball with bell attached).
- **UDL 2:** Use verbal cues and visual aids along with demonstrations.
- **UDL 3:** Use peer partners as appropriate.
- **UDL 4:** Use modified nets as needed (e.g., line on floor, jump rope on floor, or jump rope between cones).

ACADEMIC LANGUAGE

Passing, Communication, Teamwork, Strategy

PRIORITY OUTCOMES**Working with Others:**

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

DEBRIEF QUESTIONS

- **DOK 1:** What is a strategy?
- **DOK 2:** What is a volleyball strategy or tactic you or your team used today during this activity?
- **DOK 3:** If your strategy was not successful, what changes did you make for your team? What was the outcome of those changes?