



## PASS AND GO

### STUDENT TARGETS

- **Skill:** I will demonstrate correct technique for volleyball passes.
- **Cognitive:** I will discuss the cues for a volleyball bump and set.
- **Fitness:** I will remain actively engaged throughout the activity.
- **Personal & Social Responsibility:** I will use encouraging language with my teammates.

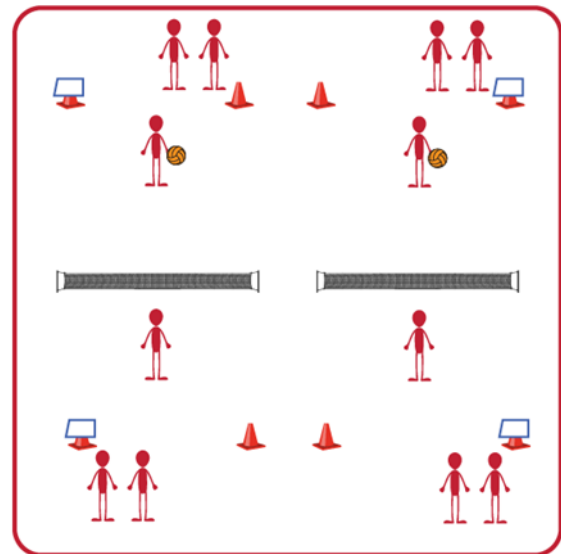
### EQUIPMENT & SET-UP

#### Equipment:

- 1 volleyball, volleyball trainer, or foam ball per group (*Teachers: allow student choice of equipment when possible*)
- 1 net per group
- 4 boundary cones per group
- Task Tent and Volleyball Cue Charts per group

#### Set-Up:

1. Divide students into groups of 6. Each group splits into even teams (i.e., 3v3) with teams beginning on opposite sides of the net.
2. Set up 1 court per group of 6 students. Place cones and task tents with cue charts beside each court.
3. Each team begins in a line on their side of the court. The 1<sup>st</sup> player in line begins on the court, and the others wait to rotate in.



### ACTIVITY PROCEDURES

1. This activity is called Pass and Go. The object of the game is to continually forearm pass (bump) or overhead pass (set) the volleyball over the net for your team while quickly rotating onto and off of the court.
2. The game will begin with 1 player from each team on the court, ready to face off. One player will serve the ball over the net to begin play. After the ball is served, the server immediately goes to the end of their line and the next player from their team steps onto the court.
3. The player who receives the serve will bump or set it back over the net, and then immediately move to the end of their line so that the next player can step onto the court and get ready to receive the ball. Each player will be on the court for one attempt, regardless of whether it is successful or not, and then move to the end of their team's line.
4. Teams score a point each time the opposite team doesn't get the ball over the net, or they hit it out of bounds. But remember, play doesn't stop while players rotate in/out so you will need to move quickly and be ready to step onto the court if you are the next player in line!
5. On the stop signal the team with the most points will stay and their opponents will find a new court to play again.

### GRADE LEVEL PROGRESSION

- **Level 1:** Play as described above.
- **Level 2:** Have 2 students from each team on the court at all times. A student will rotate out each time they serve or bump the ball for their team.

### TEACHING CUES

- **Cue 1:** Make sure you move quickly onto the court when it is your turn and get into ready position.
- **Cue 2:** Remember the power for a pass comes from your legs not your arms.
- **Cue 3:** Use encouraging language with your teammates.



**PASS AND GO** (continued...)

**UNIVERSAL DESIGN FOR LEARNING**

- **UDL 1:** Increase/decrease the size of the court as needed.
- **UDL 2:** Use floor lines or jump ropes rather than a net.
- **UDL 3:** Use modified equipment as needed (e.g., balloon or beach ball with a bell attached).
- **UDL 4:** Use verbal cues and visual aids along with demonstrations.
- **UDL 5:** Use peer partners as appropriate.
- **UDL 6:** Allow a toss to begin the game vs. a serve if needed.

**ACADEMIC LANGUAGE**

Force, Control, Cooperation, Accuracy

**PRIORITY OUTCOMES**

**Manipulative Skills:**

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

**Working with Others:**

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

**DEBRIEF QUESTIONS**

- **DOK 1:** Can you remember the cues for forearm (bump) and overhead (set) passing?
- **DOK 2:** Which of the passing cues affect accuracy the most?
- **DOK 3:** How is being actively engaged related to accuracy and performance during a volleyball game?