



VOLLEYBALL ROYAL COURT

STUDENT TARGETS

- **Skill:** I will demonstrate a variety of volleyball skills during small-sided games.
- **Cognitive:** I will discuss the importance of integrity with respect to enjoyment of play.
- **Fitness:** I will demonstrate a variety of skill-related fitness components.
- **Personal & Social Responsibility:** I will demonstrate respect for myself and my classmates by following the rules of the game and encouraging others.

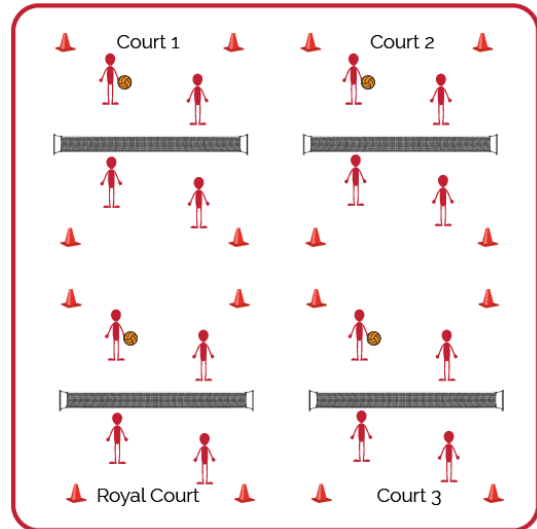
EQUIPMENT & SET-UP

Equipment:

- 1 volleyball per group of 4 students (doubles)
- 1 net per court (or cones/jump ropes if needed)

Set-Up:

- Create enough courts so the entire class can play doubles matches.
- Number each court, with court 1 as the starting court and the highest number court as the “Royal Court.”
- Create teams for doubles and send students to courts. If you have more teams than courts, you can have a team waiting to rotate into a court.



ACTIVITY PROCEDURES

1. Today’s activity is called Volleyball Royal Court. This tournament will be a way to test our skills and have fun with our friends.
2. The goal of today’s tournament is to compete with a positive attitude and to work your way to the Royal Court, while your team accumulates as many points as possible. We’ll play 3-minute games. The winner of each game will earn 1 point and move to a higher court. The losing team or player will move down to a lower court and will not earn any points for that round.
3. On the start signal, you will play an opposing team for 3 minutes. The winner will move up 1 court toward the Royal Court. The winner on the Royal Court will stay and defend her/his position. The team that loses the match will move 1 court away from the Royal Court. The team that loses on court 1 will stay and try again. If the score is tied on any court when the 3-minute time expires, play Rock, Paper, Scissors to determine the winner.
4. We will continue to play until time runs out. The team who earned the most points and ended on the Royal Court will be the winners!

GRADE LEVEL PROGRESSION

- **Level 1:** Pair students of similar skill levels and skip the royal court rotation. Instead, rotate students with a focus on setting them up for challenge, success, and fun.
- **Level 2:** Play as described above.

TEACHING CUES

- **Cue 1:** Apply the volleyball skill cues we have focused on.
- **Cue 2:** Help and encourage others by demonstrating sportsmanship.
- **Cue 3:** Play with purpose but have fun!



VOLLEYBALL ROYAL COURT (continued...)

UNIVERSAL DESIGN ADAPTATIONS

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

ACADEMIC LANGUAGE

Rotation, Serve, Teamwork, Integrity

PRIORITY OUTCOMES

Manipulative Skills:

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

Etiquette:

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

DEBRIEF QUESTIONS

- **DOK 1:** What is integrity?
- **DOK 2:** Why is integrity important in physical activity or competitive settings?
- **DOK 3:** How is integrity related to the enjoyment of everyone playing a game of Volleyball?