

SERVES UP

STUDENT TARGETS

- **Skill:** I will communicate with my partners while attempting to score points for our team during this activity.
- **Cognitive:** I will identify ways integrity can impact physical activities and competitions.
- **Fitness:** I will stay actively engaged for the duration of this activity.
- **Personal & Social Responsibility:** I will work cooperatively with my teammates during this activity.

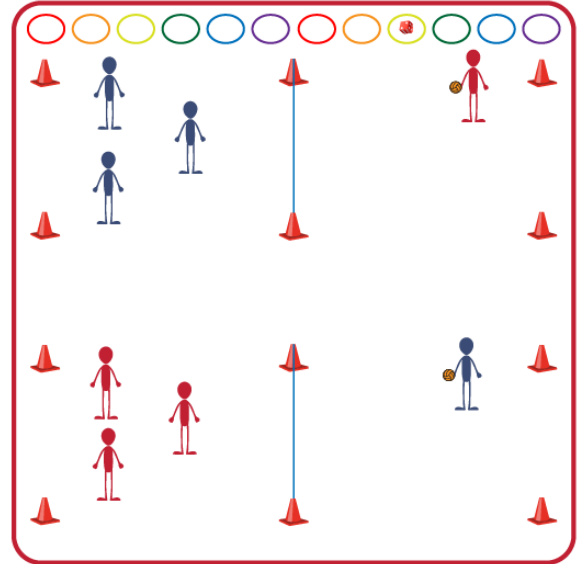
EQUIPMENT & SET-UP

Equipment:

- 1 foam ball for each group of 4
- 1 volleyball net or elevated line for each group of 4 (can also use a line on the floor or a jump rope lying on the ground)
- 4 boundary cones for each group of 4

Set-Up:

- Use 4 cones to set up a boundary area for each group.
- Place a volleyball net (or a line on the floor, jump rope on the ground, etc.) in the center of each group's activity space.
- Create groups of 4 players. 1 player begins with the ball on one side of net, and other 3 students begin on the opposite side of the net facing the student with the ball.



ACTIVITY PROCEDURES

1. This Physical Health activity is called *Serves Up*. The object of the game is to communicate effectively with your teammates to score points against the server.
2. On the start signal, the server will call out "Serves Up!" and then underhand serve the ball over the net. The 3 teammates on the other side of the net must work together to complete the pattern of bump, set, catch. *Teacher note: you can also allow the pattern of set, bump, catch.*
3. If the 3 teammates successfully complete the pattern, they receive 1 point. If they do not complete the pattern (e.g., ball hits the ground, same person hits it twice, etc.) the server gets the point. If the serve does not stay inside the boundaries, nobody receives a point. The server gets 3 serve attempts, and then the group rotates in a new server.
4. Continue to rotate in a new server after 3 attempts until you hear the stop signal. Then we will see who has the most points from each group!

GRADE LEVEL PROGRESSION

- **Grade 3:** Play the activity as described above.
- **Grades 4 & 5:** Allow the server to perform an underhand OR an overhand serve.

TEACHING CUES

- **Cue 1:** Body in Position (knees bent, head up, feet shoulders width apart, hands ready).
- **Cue 2:** Move feet to get under the ball so you can prevent it from hitting the ground on your side of the net.
- **Cue 3:** Stay attentive, communicate, and work together with your teammates.

SERVES UP (continued...)

UNIVERSAL DESIGN CONSIDERATIONS

- **UDL 1:** Increase/decrease the activity space and/or height of the net.
- **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

Integrity, Communication, Teamwork

PRIORITY OUTCOMES

Working With Others:

- **(Grade 3)** Works cooperatively with others.
- **(Grade 4)** Accepts “players” of all skill levels into the physical activity.
- **(Grade 5)** Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects.

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?