



SPIKE IT UP

STUDENT TARGETS

- **Skill:** I will demonstrate a variety of Roundnet skills required to score points for my team.
- **Cognitive:** I will identify ways my team can work together cooperatively during the game.
- **Fitness:** I will stay actively engaged during this activity.
- **Personal & Social Responsibility:** I will demonstrate integrity and proper etiquette by respecting others and following the rules of the game.

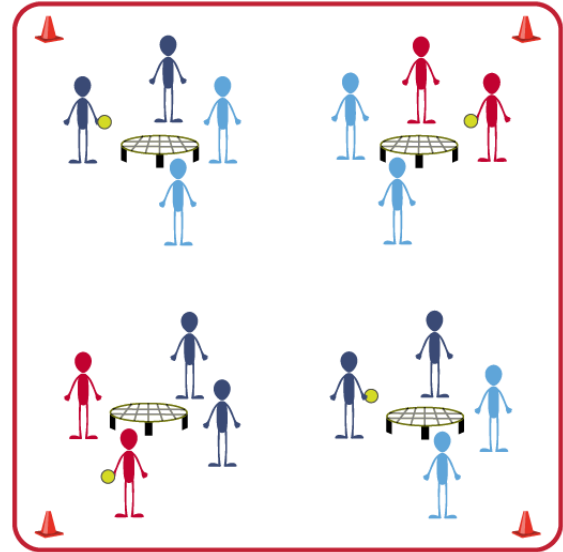
EQUIPMENT & SET-UP

Equipment:

- 1 Spikeball® net (or hoop) and 1 ball per group of 4 students
- Use hoops and foam balls if you do not have enough Spikeball® sets for entire class

Set-Up:

- Scatter nets (or hoops) in the activity area, allowing space for player movement.
- Place 1 Spikeball® at each net.
- Pair students and send 2 pairs (4 players) to each net.



ACTIVITY PROCEDURES

1. This activity is called Spike it Up. The object of the activity is to score more points than the other team. That is done by building a rally with consecutive Roundnet passes and spikes with your partner.
2. On the start signal, play Rock, Paper, Scissors to determine which team will serve first to begin the game. Teams have a maximum of 3 hits (2 passes and 1 spike) to send the ball down to the net for a change of possession.
3. We will play 5-minute games. At the end of each game, each of you must play with a different partner within your group. We will play a total of 3 games, so you have an opportunity to partner with everyone at your net for one game.
4. The game will continue until one team gets to 21 points or you hear the stop signal.

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 Roundnet?

PRIORITY OUTCOMES

Etiquette:

- **Grades 3-5:** Recognizes the role of rules and etiquette in physical activity with peers.
- **Grades 6-8:** Exhibits etiquette and adherence to rules in a variety of physical activities.
- **Grades 9-12:** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance.