

AREA Volleyball

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> • Throwing with partner with light balls • Catching with partner with light balls • Striking • Toss and catch a ball practice • Throw and catch against wall 	<ul style="list-style-type: none"> • Visual regard of ball • How to toss/catch ball • Move to ball 	<ul style="list-style-type: none"> • Partner catch/off wall • Keep off floor • Move to the ball • Beach ball activities 	<ul style="list-style-type: none"> • Strength • Cardio 	<ul style="list-style-type: none"> • Ask students to do their personal best • Don't sit or lay on ball • Respect the ball • Self control • Sharing equipment 	<ul style="list-style-type: none"> • Cooperation • Introductory team building • Confidence • Self improvement • Enjoyment of physical activity
1	<ul style="list-style-type: none"> • Throwing with partner with light balls • Catching with partner with light balls • Striking • Toss and catch a ball practice • Throw and catch against wall 		<ul style="list-style-type: none"> • Toss & catch, high & low • Independent exploration with ball • Partner catch bean bags and various balls 	<ul style="list-style-type: none"> • Strength • Cardio 	<ul style="list-style-type: none"> • Respect equipment • Play safe • Taking turns 	<ul style="list-style-type: none"> • Team building • Confidence • Self improvement • Enjoyment of physical activity
2	<ul style="list-style-type: none"> • Throwing with partner with light balls • Catching with partner with light balls • Striking • Toss and catch a ball practice • Throw and catch against wall 		<ul style="list-style-type: none"> • Throw, pass, catch with partner with variety of equipment 	<ul style="list-style-type: none"> • Strength • Cardio 	<ul style="list-style-type: none"> • Personal space and safety 	<ul style="list-style-type: none"> • Team building • Confidence • Self improvement • Feel personal success
3	<ul style="list-style-type: none"> • Stepping in opposition • Ready position 	<ul style="list-style-type: none"> • Basic volleyball terms • Body position • Rotation • Cooperation, how to be in a group 	<ul style="list-style-type: none"> • Throw, pass, catch with partner • Lead up games • Partner and individual work • Small group contests, lead up games • Beach ball volleyball • Deck volleyball 	<ul style="list-style-type: none"> • Upper body, lower body, strength building • Muscle endurance 	<ul style="list-style-type: none"> • Listen and follow directions • Personal space and safety • Working together • Playing for cooperation vs. competition 	<ul style="list-style-type: none"> • Personal success • Team building • Self improvement and teamwork

4	<ul style="list-style-type: none"> • Setting a tossed ball • Passing a tossed ball • Underhand serve 	<ul style="list-style-type: none"> • Modified game rules • Boundaries 	<ul style="list-style-type: none"> • Work over the net give and go with partner 		<ul style="list-style-type: none"> • Following game rules • Taking turns • Accepts win and losses 	<ul style="list-style-type: none"> • Demonstrate acceptance of other skills and abilities • Experience enjoyment while participating
5	<ul style="list-style-type: none"> • Underhand serve • Setting and pass 	<ul style="list-style-type: none"> • Calling for ball • Game strategy • Rally scoring • Recognize proper performance of skill • Court markings • Rules 	<ul style="list-style-type: none"> • Partner practice • Games • Tournaments (?) • Lead up games • Small group practice • Individual skill practice 	<ul style="list-style-type: none"> • Muscular endurance • Upper and lower body strength 	<ul style="list-style-type: none"> • Understand wins/losses • Roles on team • Sportsmanship • Accepts winning and losing graciously • Plays position • Calls the ball 	<ul style="list-style-type: none"> • Success as a team member • Individual success • Uses skills in other setting • Demonstrate acceptance of other skills and abilities
6	<ul style="list-style-type: none"> • Underhand serve • Set and pass 	<ul style="list-style-type: none"> • Calling for ball • Game strategy • Rally scoring • Recognize proper performance of skill • Court markings • Rules 	<ul style="list-style-type: none"> • Partner practice • Games • Tournaments (?) • Lead up games • Small group practice • Individual skill practice 	<ul style="list-style-type: none"> • Muscular endurance • Upper and lower body strength 	<ul style="list-style-type: none"> • Understand wins/losses • Roles on team • Sportsmanship • Accepts winning and losing graciously • Plays position • Calls the ball 	<ul style="list-style-type: none"> • Success as a team member • Individual success • Uses skills in other setting
7	<ul style="list-style-type: none"> • Underhand serve • Set and pass 	<ul style="list-style-type: none"> • Scoring • Rotation • Game rules • Rally scoring • Court marking rules 	<ul style="list-style-type: none"> • Game • Throw and catch game • Lead up games • Individual skill practice • Partner practice 	<ul style="list-style-type: none"> • Upper and lower body strength • Muscular endurance 	<ul style="list-style-type: none"> • Working together • Sportsmanship • Calling the ball • Encouraging others • Play your position 	<ul style="list-style-type: none"> • Working hard for team • Improve individual skills • Enjoy game • Modify to a variety of settings
8	<ul style="list-style-type: none"> • Underhand and overhand serves • Set, pass, spike • Reading position 	<ul style="list-style-type: none"> • Scoring • Rotation • Game strategy • Game rules • Rally scoring • Court markings 	<ul style="list-style-type: none"> • Lead up games • Tournaments • Small group practice • Individual skill practice 	<ul style="list-style-type: none"> • Upper and lower body strength • Muscular endurance 	<ul style="list-style-type: none"> • Sportsmanship • Involving everyone on team • Calling the ball • Encouraging others • Play your position 	<ul style="list-style-type: none"> • Competition • Working hard for team • Improve individual skills • Enjoy game • Modify to a variety of settings
9	<ul style="list-style-type: none"> • Small group skills • Ready position • Set, pass, spike • Serving • Communication skills 	<ul style="list-style-type: none"> • Rotation • Game strategy • Rally scoring • Court markings 	<ul style="list-style-type: none"> • Practice in small groups • Games • Tournament play • Individual skill practice • Lead up games 	<ul style="list-style-type: none"> • Upper and lower body strength • Muscular endurance 	<ul style="list-style-type: none"> • Working together • Sportsmanship • Calling the ball • Encouraging others • Play your position 	<ul style="list-style-type: none"> • Social skills • Enjoyment of game • Understanding of lifelong game • Modify to a variety of settings