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**Lesson Plan Template 24-25 Lesson Plan: Volleyball Teacher: Subject: Physical Education**

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| **Week of:**  **DATE** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
| **TEKS** | 116.64 Skill-Based Lifetime Activities  116.64 (2) A, B, and F | 116.64 Skill-Based Lifetime Activities  116.64 (2) A, B, and F | 116.64 Skill-Based Lifetime Activities  116.62 (1) A and B (2) A, B, and C | 116.64 Skill-Based Lifetime Activities  116.64 (2) A, B, and F |
| **Learning Objective** | (2)(A): The student will be able to perform fundamental skills of volleyball including ready stance, passing, hitting, and serving. Students will also learn rotations and the 6 different positions upon completion of the unit. (2)(B) The student will be able to modify movement during performance using appropriate internal and external feedback. (2)(F) The student will be able to keep score accurately during games or activities. | (2)(A): The student will be able to perform fundamental skills of volleyball including ready stance, passing, hitting, and serving. Students will also learn rotations and the 6 different positions upon completion of the unit. (2)(B) The student will be able to modify movement during performance using appropriate internal and external feedback. (2)(F) The student will be able to keep score accurately during games or activities. | (2)(A): The student will be able to perform fundamental skills of volleyball including ready stance, passing, hitting, and serving. Students will also learn rotations and the 6 different positions upon completion of the unit. (2)(B) The student will be able to modify movement during performance using appropriate internal and external feedback. (2)(F) The student will be able to keep score accurately during games or activities. | (2)(A): The student will be able to perform fundamental skills of volleyball including ready stance, passing, hitting, and serving. Students will also learn rotations and the 6 different positions upon completion of the unit. (2)(B) The student will be able to modify movement during performance using appropriate internal and external feedback. (2)(F) The student will be able to keep score accurately during games or activities. |
| **Higher Order Thinking Questions** | What are some defensive strategies that can be used during volleyball? | Can you remember the cues for forearm (bump) and overhead (set) passing?  Which of the passing cues affect accuracy the most? | Why is physical activity so important for health and well being? | How is being actively engaged related to accuracy and performance during a volleyball game? |
| **Agenda** | Day 1: Review volleyball skills/queen of the court  -Warm-Up  Dynamic stretches, agility drills (high knees, butt-kicks, carioca, backpedal, sprints) and footwork drills.  -Game situations  Put students in small groups to play small-sided games or scrimmages to apply skills in a game context.  The focus will be on teamwork, strategy, and applying skills under game conditions. | Day 2: Review volleyball skills/scrimmage/games  -Warm-Up  Dynamic stretches, agility drills (high knees, butt-kicks, carioca, backpedal, sprints) and footwork drills.  -Game situations  Divided the class up into 2 groups so that they can apply skills in a game or scrimmage situation.  The focus will be on teamwork, strategy, and applying skills under game conditions. | Day 3/4: Fitness Day  -Warm-Up  Dynamic stretches  Students will go through a variety of exercise stations  Coaches will demonstrate each station  Students will be split into groups of 3-6 people. Each group will perform said exercise for 20-30 seconds and will rest for 45 seconds to 1min. Students will rotate through each station until they get back where they started. We will complete 2 rounds.  Cool down/stretch  Feedback | Day 2: Review volleyball skills/scrimmage/games  -Warm-Up  Dynamic stretches, agility drills (high knees, butt-kicks, carioca, backpedal, sprints) and footwork drills.  -Game situations  Continue games by dividing the class up into 2 groups so that they can apply skills in a game or scrimmage situation.  The focus will be on teamwork, strategy, and applying skills under game conditions. |
| **Demonstration of Learning** | Game situations  - Students will demonstrate learning through playing an actual game. They will go through rotations and substitutions. There will be an offensive team and a defensive team. | Game situations  - Students will demonstrate learning through playing an actual game. They will go through rotations and substitutions. There will be an offensive team and a defensive team. | Exercise stations will be set up throughout the gym with demonstration cards along with receiving demonstrations from coaches. | Game situations  - Students will demonstrate learning through playing an actual game. They will go through rotations and substitutions. There will be an offensive team and a defensive team. |
| **Intervention & Extension** | Analyze high-level games or tournaments to understand advanced strategies and tactics. | Analyze high-level games or tournaments to understand advanced strategies and tactics. | Coaches will walk around correcting movements. We will also help students figure out modifications as needed. | Analyze high-level games or tournaments to understand advanced strategies and tactics. |
| **Resources** | Volleyball:  “Insights And Strategies For Winning Volleyball”  by Mike Hebert.  “[The Volleyball Handbook](https://www.goodreads.com/book/show/1626579.The_Volleyball_Handbook?from_search=true&qid=eLP7FgyYKg&rank=8)”  byBob Miller  \*Online Resources  Resources for Coaches  [Resources for Coaches - USA Volleyball](https://usavolleyball.org/resources-for-coaches/) | Volleyball:  “Insights And Strategies For Winning Volleyball”  by Mike Hebert.  “[The Volleyball Handbook](https://www.goodreads.com/book/show/1626579.The_Volleyball_Handbook?from_search=true&qid=eLP7FgyYKg&rank=8)”  byBob Miller  \*Online Resources  Resources for Coaches  [Resources for Coaches - USA Volleyball](https://usavolleyball.org/resources-for-coaches/) | Fitness:  “The Fitness Mindset”  By Brian Keane    \*Online Resources  [Saved By The Email | Work More Efficiently With Grammarly (youtube.com)](https://www.youtube.com/watch?v=9FBIaqr7TjQ) | Volleyball:  “Insights And Strategies For Winning Volleyball”  by Mike Hebert.  “[The Volleyball Handbook](https://www.goodreads.com/book/show/1626579.The_Volleyball_Handbook?from_search=true&qid=eLP7FgyYKg&rank=8)”  byBob Miller  \*Online Resources  Resources for Coaches  [Resources for Coaches - USA Volleyball](https://usavolleyball.org/resources-for-coaches/) |