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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** | How does each position in volleyball differ from one another? | Why is it important to use proper technique for setting the ball? | Why is cardiovascular endurance important? | Which serve is the most effective serve in volleyball? |
| **Agenda** | Day 1: Intro to volleyball and Skill Development  -Warm-Up  Dynamic stretches, agility drills (high knees, butt-kicks, carioca, backpedal, sprints) and footwork drills.  - Introduce students to forearm passing.  Demonstrate proper stance and form to be able to execute a forearm pass.  - Students will get with a partner practice passing. One partner will toss and one partner will complete a forearm pass. After 10 passes the partners will switch.  -Students will create a group of 4 and pepper back and forth seeing how many passes they can make as a group before the ball hits the ground.  Cool down  Discussion of the lesson for the day. | Day 2: Intro to volleyball and Skill Development  -Warm-Up  Dynamic stretches, agility drills (high knees, butt-kicks, carioca, backpedal, sprints) and footwork drills.  - Introduce students to setting  Demonstrate proper footwork and hand placement for setting the volleyball.  - Students will pick a partner and spread out around the gym. One at a time students will practice setting a volleyball to themselves 10x’s. Once both partners are finished they will practice setting the volleyball to each other.  -Students will split into 2 groups; group 1 will be stationary tossers and group 2 will go around the gym receiving a pass from each tosser and setting it back to the person in front of them. On the whistle setters will rotate to the next person.  Cool down  Discussion of the lesson for the day. | 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 5: Intro to volleyball and Skill Development  -Warm-Up  Dynamic stretches and agility drills.  - Introduce students to serving  Demonstrate overhead and underhand serve.  - Students will partner up and practice serving to their partner using overhead or underhand serving techniques for 10 minutes.  Once each partner has gone we will split the students on both sides of the gym. Students will execute serves over the net using overhead or underhand techniques.  - Cool Down  Discussion of the lesson for the day. |
| **Demonstration of Learning** | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of volleyball, skill stations will be set up in the gymnasium. Each station will focus on a specific skill such as serving, passing, and hitting. Students will rotate through these stations in small groups, allowing them to maximize the number of repetitions and also receive personalized feedback and guidance from me as their instructor. This approach will significantly improve their technique, confidence, and overall understanding of the game of volleyball. | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of volleyball, skill stations will be set up in the gymnasium. Each station will focus on a specific skill such as serving, passing, and hitting. Students will rotate through these stations in small groups, allowing them to maximize the number of repetitions and also receive personalized feedback and guidance from me as their instructor. This approach will significantly improve their technique, confidence, and overall understanding of the game of volleyball. | Exercise stations will be set up throughout the gym with demonstration cards along with receiving demonstrations from coaches. | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of volleyball, skill stations will be set up in the gymnasium. Each station will focus on a specific skill such as serving, passing, and hitting. Students will rotate through these stations in small groups, allowing them to maximize the number of repetitions and also receive personalized feedback and guidance from me as their instructor. This approach will significantly improve their technique, confidence, and overall understanding of the game of volleyball. |
| **Intervention & Extension** | One-on-one coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a tournament to foster competitive play and teamwork. | One-on-one coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a tournament to foster competitive play and teamwork. | Coaches will walk around correcting movements. We will also help students figure out modifications as needed. | One-on-one coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a tournament to foster competitive play and teamwork. |
| **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/) |