

# FIVE FOR LIFE – LESSON PLAN

**Unit Title: Volleyball/Nutrition**

**Grade Level: HS**

**Date: 4.23.08**

## OUTLINE

**Opener (Engagement)/Warm-Up:** Energy Cube Warm-Up, Volleyball Muscle Endurance 6 Station Circuit

**Lesson Content/Focus:** Circle Drill Tag, 3 Pass Volleyball Game No-Serve

**Wrap-Up/Cool Down:** Circle Pass Debrief

## LESSON PLAN

	<b>Fitness and Health Academic Content</b>	<b>Fitness Components</b>	<b>Motor Skill</b>	<b>Social/Emotional</b>
<b>Essential Question</b>	Why do I need macronutrients in my diet?	How does muscular endurance help me in activity?	How do I use volleyball skills in a game?	
<b>Objective</b>	Students will list the 3 macronutrients and calories per gram	Students will develop the muscle endurance needed to play volleyball	Students will demonstrate a bump and overhead pass used in volleyball	
<b>Opener/Warm-Up</b>	Introduce Energy Cube Warm-Up: Basic, pg. 2.42 (3-5 min)	Volleyball ME 6 Station Circuit: See attached (5-8 min)		
<b>Lesson Content/Focus</b>			Review Circle Drill Tag: See attached 3 Pass Volleyball Game No-Serve: See attached (25 min)	
<b>Wrap-Up/Cool-Down</b>	Circle Pass Debrief See attached (3-5 min)		Circle Pass Debrief See attached (3-5 min)	
<b>Vocabulary</b>	Macronutrients, Carbohydrate, Fat, Protein, Calories		Bump, Overhead Pass	
<b>Assessment</b>	Reflective questions		Observable: Bump and overhead pass Reflective questions	
<b>Standards</b>	1.4	1.5	1.1	