

Volleyball		Health & Fitness Academic Content	Motor Skills	Social/Emotional/Safety
	Essential Questions	What type of sports is this considered to be; aerobic vs anaerobic?	What types of movement skills are needed?	What rules and sportsmanship protocols are needed?
	Content	How does the F.I.T.T. principle fit into this sport and for your correct amount of physical activity needed?	Bump, Set, Spike, Blocking, Serving, Dig. Strategies needed for Volleyball. Front row vs. back row play. Specialty plays in the game.	Is teamwork required in each activity? How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity your involved with?
	Skills/Activities	How do the training principles relate to this sport and your physical abilities in regards; 1. Overload 2. Specificity 3. Progression 4. Reversibility 5. Diminished Return	Station work to practice Warm up time to work on specificity of skills Round Robin Tournaments Bracket Tournaments Skill level Divisions	Problem solving skills will be worked daily
	Assessment	Self -Assessment	Teacher Observation Playing Performances Student Self Assessment Self Assessment final on written rules and guidelines for each sport played in class	Teacher Observation Student Self-Assessment. Self assessment on sportsmanship in class

	Standards	3.1 3.6	2.1 2.4	5.1 5.2 5.3 4.1 4.2 4.3 4.4
	Equipment/Resources	Internet use for understanding of sports. Use in the gym with the in-focus machine.	Sports specific balls, jerseys, cones, nets, standards and goals needed. Also, painter tapes for extra lines needed	Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment

