**Volleyball UNIT PLAN**

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| **Lesson Objectives** | **Skill/Concept + Cues** | **Lesson Activities** |
| Lesson 1 \* | **Setting**   * Wide base * Contact above shoulders * Push the ball   Bumping   * Flat forarms * Don't swing arms * Meet the ball | **Pass and Set Circles (15-20 minutes)**   * **Activity Description**: * Students will work in pairs (or groups of four) to practice tossing and passing the foam ball. The goal is for the tosser to toss the ball to their partner, who will return it either by forearm passing (bumping) or setting. * Each pair will complete 5 tosses and then switch roles. * After each round, the students will rotate so that they get to practice both tossing and receiving in different positions.   **Set Ball**  Objective: Set the ball over the net (a jump rope held by two players) as many times as possible in a row.   * Play starts with a self-toss, then players set the ball back and forth. * Each player can hit the ball up to three times before sending it over. * Net holders can adjust the rope height and position to assist. * If the ball hits the ground or exceeds three touches per side, all players rotate clockwise. * On the stop signal, players place equipment down, and net holders switch groups. |
| Lesson 2\*\* | Serving   * Opposite foot forward * Strike with heel of palm * Don’t toss the ball high   Setting   * Wide base * Contact above shoulders * Push the ball   Bumping   * Flat forarms * Don't swing arms * Meet the ball * Contact in the air   Spiking   * Contact in midair * Contact over head * Downwards angle   Communication   * Call It * Talk Before Touch * Call The Ball * Help Your Teammates * Echo The Call * Loud And Clear | **Activity 1: Serve Practice**   * **Objective:** Practice serving underhand. * **Instructions:** Students will pair up with a partner and practice serving underhand across the net. Each student will take turns serving while the other tries to return the serve. After each turn, the student will switch positions.   **Activity 2: Bump, Set, Spike**  Players form groups of three with assigned roles: bumper (passer), setter, and spiker.   1. **Bumping:** The spiker tosses the ball underhand to the bumper, who executes a controlled forearm pass to the setter. 2. **Setting:** The setter positions themselves to receive the pass and pushes the ball upward with a controlled touch, aiming for a high, accurate set. 3. **Spiking:** The spiker approaches and hits the ball forcefully into a target area. If needed, players can use high passes instead of spikes.   **Rotation:** After each round, players switch roles—spiker to bumper, bumper to setter, and setter to spiker.  Volleyball Game (15-20 min)   * Teams & Setup: Players are divided into teams of three, each assigned a court side. * Serving: One team serves with a focus on control and accuracy. * Returning: The receiving team uses proper passing techniques to keep the ball in play. * Point Play: Play continues until the ball goes out, or a team scores by landing it in the opponent’s court. * Winning Team Serves: The scoring team keeps the serve to build momentum. * Rotation: Losing teams rotate positions (bumper → setter → spiker) after each point. * Skill Focus: Emphasis on accurate serving, proper passing, and team communication. * Continuous Play: Quick transitions keep the game moving efficiently. |
| Lesson 3\*\* | Serving   * Opposite foot forward * Strike with heel of palm * Don’t toss the ball high   Setting   * Wide base * Contact above shoulders * Push the ball   Bumping   * Flat forarms * Don't swing arms * Meet the ball * Contact in the air   Spiking   * Contact in midair * Contact over head * Downwards angle   Communication   * Call It * Talk Before Touch * Call The Ball * Help Your Teammates * Echo The Call * Loud And Clear | **Volleyball Skills Stations**  **Serving Station**   * Serve over the net, aiming for a target. * Partner provides feedback on form, toss height, and contact.   **Setting Station**   * Set the ball through a hula hoop after a partner toss. * Feedback on stance, hand position, and controlled push.   **Bumping Station**   * Bump the ball into a hula hoop for points. * Focus on stance, flat forearms, and controlled arm swing.   **Spiking Station**   * Spike a tossed ball into the net just above the top. * Feedback on timing, hand position, and downward aim.     Volleyball Game (15-20 min)   * Teams & Setup: Players are divided into teams of three, each assigned a court side. * Serving: One team serves with a focus on control and accuracy. * Returning: The receiving team uses proper passing techniques to keep the ball in play. * Point Play: Play continues until the ball goes out, or a team scores by landing it in the opponent’s court. * Winning Team Serves: The scoring team keeps the serve to build momentum. * Rotation: Losing teams rotate positions (bumper → setter → spiker) after each point. * Skill Focus: Emphasis on accurate serving, proper passing, and team communication. * Continuous Play: Quick transitions keep the game moving efficiently. |
| Lesson 4 |  |  |
| Lesson 5 |  |  |
| Lesson 6 |  |  |

\*Lesson that was video taped

\*\*Lesson that assessment was conducted