**Curriculum**

**5th Grade Physical Education – Volleyball**

**Course Overview**

SPORT TYPE: Team, hand-eye, net

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop ability to perform a variety of passes including volley, bump and service

Develop good movement techniques

Apply skills in games to outplay opponents both individually & in a team

Develop understanding for laws & rules including scoring

Develop from 1v1 to 3v3 games

Develop an understanding of volleyball etiquette

**Performance Indicators**

Display good movement in preparation for receiving and passing the ball

Display control and accuracy in executing the volley, bump and underarm serve

Display ability to work cooperatively with partner/group

Display good sportsmanship

Display an understanding of the principles of the game and scoring.

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up and cool down related to activity

Develop movement and footwork related to volleyball

Develop the volley, bump and underarm serve individually and in pairs without net and over net

Develop passing through the angle (use the wall) and introduce in 2v2 cooperative and competitive situations.

Develop skills within cooperative and competitive situations of 1v1, 2v2, 3v3 using small courts

Introduce basic tactics and learn to score simplified scoring

Introduce positions – backcourt player, setter, attacker

Introduce the idea of rotation

Use games such as: longest rally, team lives, pass & move, keep the ball alive

**Resources**

Pink volleyballs

Softie volleyballs

Edward teaching net