

## LESSON PLAN

Student Teacher \_Patrick Shafer\_ Grades \_4-6\_ Teaching Date \_11/3/11\_

### Standard(s):

Standard 2: Students demonstrate and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 5: Students exhibit responsible behavior that respects self and others in physical settings.

Standard 6: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### Performance Objective(s)/Indicator(s):

Cognitive: The students will apply the right techniques of spiking and blocking 80% of the time.

Affective: Students will be able to use the set and spike effectively 3 out of 5 times.

Psychomotor: Students will be able to spike the volleyball correctly 3 out of 5 times.

**Equipment Needs:** Nets, 8 Volleyballs

## PRACTICE OPPORTUNITIES

| Time      | Instructional Activities (Detailed)                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:30-1:35 | Introduction: See introduction below                                                                                                                                                                                                                                                                                                                                                                                         |
| 1:35-1:42 | Have the students get into two lines and have then stand across from their partner. One partner will have a volleyball and they will use the correct spike technique to their partner. When they do it the volleyball will bounce off the floor and go to their partner                                                                                                                                                      |
| 1:42-1:52 | One person will be the spiker and they will have a volleyball. The will toss it to a teammate who will set them up for a spike. There will be a retriever on the other side to get the ball. The rotations will go spiker, setter, retriever. After a little bit the retriever will be the blocker and try to block the spike (introduce block at this point). There will be one group and might go to two groups if needed. |
| 1:52-1:55 | Closure: See closure                                                                                                                                                                                                                                                                                                                                                                                                         |
| 1:55-2:00 | Dismiss class and have student find their teachers                                                                                                                                                                                                                                                                                                                                                                           |

## PROCEDURES

**Introduction (Set Induction):** Hello class! Mr. Wilson talked with you about setting and now I'm going to teach you the spike and block and it all works together. Does anyone know how to spike or block? First off I would like to talk about the spike and the cues you need to know (go over spiking cues).

### Spike

1. Get ready for the spike by facing the direction of the ball.
2. Jump and turn the body slight in midair and contact the ball at its highest point.
3. Hit the ball on the top so it will go downward.
4. Use the heel of the hand for the spike.
5. Follow through toward the target.

### Block

1. Stand close to net.
2. Jump up to meet ball as spiker jumps.
3. Keep fingers straight as they contact the ball.
4. Thrust arms upward.
5. Don't swing arms forward after body lands to prevent a net foul.

**Organizational Plan** (How will students and equipment be organized?):

