

**Physical Education Middle School
Canterbury Public Schools**

Subject	Physical Education										
Grade Level	Middle School Grades 5 -8										
Unit Title	Volleyball										
Unit Goals	<p>Grade 5 and 6</p> <ul style="list-style-type: none"> ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Ready position ○ Bump, set, spike ○ Rotations ○ Concept of one hit ○ Positioning of body, and concept of moving around ○ Underhand serving ○ Communication and teamwork <p>Grade 7 and 8</p> <ul style="list-style-type: none"> ● Review of all skills in grades 5 and 6 ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Overhand serve ○ Positions ○ Game play strategy ○ 3 hit concept ○ In depth vocabulary and skill progression <ul style="list-style-type: none"> ■ Dig ■ Blocking ● Creating new strategies ● Engagement of all students ● Alterations of games for students with disabilities 										
Pacing (# of weeks)	4 week - all grades										
Standards	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="background-color: #cccccc;">CT Physical Education Standards</th> </tr> </thead> <tbody> <tr> <td style="width: 10%; text-align: center;">9</td> <td>Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</td> </tr> <tr> <td style="text-align: center;">10</td> <td>Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</td> </tr> <tr> <td style="text-align: center;">11</td> <td>Students will participate regularly in physical activity.</td> </tr> <tr> <td style="text-align: center;">12</td> <td>Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.</td> </tr> </tbody> </table>	CT Physical Education Standards		9	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	10	Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	11	Students will participate regularly in physical activity.	12	Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.
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Content/Conceptual Knowledge (know)	<p>Participating in physical activities has healthful benefits and enables people to remain alert, engaged, (healthy mind and body)</p> <ul style="list-style-type: none"> ● Skills ● Communication ● Rules ● Scoring ● Defense & Offense ● Cooperation as a team ● Organization of players and positions ● The “how to” knowledge of how to play it outside of Physical Education class 				
Skills (be able to do)	<ul style="list-style-type: none"> ● Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities ● Demonstrate an understanding of concepts as they apply to the learning and performance of physical activities ● Volleyball related skills of <ul style="list-style-type: none"> ○ Bump ○ Set ○ Spike ○ Dig ○ Blocking ○ Rotations / Positions ○ Serving - overhand and underhand 				
Enduring Understandings	<p>Students will be able to understand...</p> <ul style="list-style-type: none"> ● competency in motor skills and movement patterns needed to perform a variety of volleyball skills. ● movement concepts, principles, strategies and tactics as they apply to volleyball skills. ● that volleyball skills are only one way to participate regularly in physical activity. ● how active participation in volleyball can incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness. ● how exhibiting responsible personal and social behavior while practicing volleyball skills will respect self and others. ● how choosing physical activity through volleyball for health, enjoyment, challenge, self-expression and/or social interaction will allow for one to sustain a physically active lifestyle. 				

Assessments	<ul style="list-style-type: none"> ● Skill checks ● Stations checks ● Knowledge checks ● Peer assessments <p>** Students will be assessed daily on their understanding and proficiency level of warm up and activity periods. This assessment will be based off a written rubric.</p>
Resources	<ul style="list-style-type: none"> ● Various Levels of Technology <ul style="list-style-type: none"> ○ Videotape ○ Coaches Eye (a program on the Ipad that helps students visually see their learning) ● P.E. Central Lesson Ideas
Strategies	<p><u>Coaches Eye</u> for the purpose of...</p> <ul style="list-style-type: none"> ● student reflection / assessment ● teacher assessment ● peer assessment ● feedback opportunities <p>Other Teaching Strategies...</p> <ul style="list-style-type: none"> ● partner work / partner feedback ● individual work ● divergent problem-solving ● direct teaching
Behaviors	<p>Students will learn to...</p> <ul style="list-style-type: none"> ● Persevere ● Play fair ● Take turns ● Peer assess