

VOLLEYBALL

LESSON PLAN



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

VOLLEYBALL



CLASS DESCRIPTION: An Evening Activity

Through the game of volleyball, students will practice such life skills as cooperation and communication. On an outdoor court, students will try variations on the basic game of volleyball as well as strategies to adapt to different kinds of weather and/or team compositions (i.e. numbers of people, abilities of participants, etc.).

Total time: 1 1/2 hours (flexible)

Audience: 4-30 students, 4th grade through adult

Activity level: moderate

Travel: none

Total uphill travel: 250 feet

GUIDING PURPOSE

To...

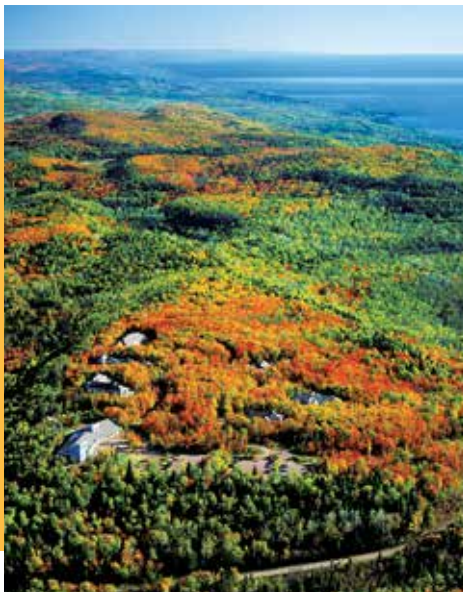
CONCEPTS

- We all have potential for physical activity and can improve our skills with patience and practice.
- Developing group interaction skills will improve our responses to future life situations.
- How we play today is how we live tomorrow.

OUTCOMES

Upon completion of the Volleyball activity students will be able to:

1. Demonstrate hand placement for passes, sets and serves.
2. Explain how various members of team use different skills to make the team better.
3. Describe the effect of etiquette on the quality of team sport activity.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

- 2 volleyballs (1 for play, 1 for practicing)
- 1 volleyball net

Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

Set-up (10 min.)

- Classroom/class prep description
- Safety Management

I. Introduction (5 min.)

- A. Observation as a Core Practice
- B. Question Generating
- C. Making Connections
- D. Evidence-based Explanation
- E. Uncovering Mystery

II. Basic Volleyball Skills (15 min.)

- A. Pass, Serve, Set
- B. Traditional Rules
- C. Choosing Teams

III. Play Ball (60 min.)

IV. Closing (5 min.)

Clean-up (5 min.)