

Chris Seward

Block Plan

Day 1

K.2.NG.1 Analyze game play, synthesize skills or tactical problems of the game, or evaluate player performance of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6) net/wall games (e.g., compare/contrast volleyball and floor tennis).

Movement Prep: Walk, jog laps, Calisthenics.

Skills: Pre-test, skills pre-test, Forearm pass

Activities: Written pre-test, stations for skills pre-test, forearm pass instructional activity, forearm pass drill

Concepts: Pre-tests are done to test base knowledge and skills of volleyball. Perform the TA points of a forearm pass

Cool Down: walk a lap, then change.

Day 2

M.1.MS.5 Demonstrate elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in dynamic settings.

Movement Prep: Walk, jog laps, Calisthenics.

Skills: Forearm, Setting, Underhand Serve

Activities: Review Forearm pass, forearm pass drill, instructional activity for set, set drill, Instructional activity for UH serve, UH serve drill

Concepts: Focus on learning the skills of UH serve, Forearm pass, Set.

Cool Down: walk a lap, then change.

Day 3

M.1.MS.5 Demonstrate elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in dynamic settings.

Movement Prep: Walk, jog laps, Calisthenics.

Skills: Block, spike, overhead serve.

Activities: Instructional activity for block/spike/overhead serve, drill for block/spike/overhead serve.

Concepts: Focus on learning the skills of OH serve, Spike, Block

Cool Down: walk a lap, then change.

Day 4

K.2.NG.1 Analyze game play, synthesize skills or tactical problems of the game, or evaluate player performance of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6) net/wall games (e.g., compare/contrast volleyball and floor tennis).

Movement Prep: Walk, jog laps, Calisthenics.

Skills: cognitive test, review all skills.

Activities: Written test, drill for each skill

Concepts: Test the knowledge of the students, and focus on the form of the skills

Cool Down: walk a lap, then change.

Day 5

M.1.NG.2 Demonstrate all elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6).

Movement Prep: Walk, jog laps, Calisthenics.

Skills: post skills test, play games

Activities: stations for post-test, play games

Concepts: Test TA form of the skills

Cool Down: walk a lap, then change.

Day 6

M.1.NG.1 Demonstrate all elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6).

M.1.NG.2 Demonstrate all elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6).

Movement Prep: Walk, jog laps, Calisthenics.

Skills: Game of Volleyball

Activities: Tournament games

Concepts: understanding how to play a game of volleyball

Cool Down: walk a lap, then change.