

Teacher: **Chris Seward**

Grade/subject: **High School**

Time available:

Lesson title/topic: **Tournament games**

Lesson date:

STANDARDS/BENCHMARKS/GLCE/HSCE addressed in this lesson:

M.1.MS.4 Apply all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in dynamic settings.

K.2.MS.2 Apply knowledge of the critical elements of movement concepts while performing locomotor skills during participation in target, net/wall, invasion, and striking/fielding modified games in dynamic settings.

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).

B.6.FB.1 Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.

OBJECTIVES:

Psychomotor: Students will be able to perform volleyball skills during the game of volleyball

Cognitive: Students will be able to express rules of the game

Personal Social: Students will be able to demonstrate these skills 3 of 4 times during games

INSTRUCTIONAL ACTIVITIES:

Time:

Movement Preparation (Warm Up)

Centrally Located Position: In front of the students while they are in four lines on the baseline prepared to do short drills for warm ups.

Dry Run: (demonstration/explanation): Students will be doing a series of drills to warm up. On the call by the teacher the students will perform the skills from the baseline to the free throw line and then once the last person reaches the free throw line they will do it back.

- 1. High Knees**
- 2. Butt Kickers**
- 3. Karaoke**
- 4. High Skips**

Challenge: Try to do these skills correctly to warm you up and decrease the chance for injury.

Safety: Be aware of your surroundings, if you are feeling tired slow down.

Questions to Check Understanding: Where do you perform the skill to? When do you

go back?

Transition: When I call out the first skill go.

Tournament games

Centrally Located Position: in front of students who are sitting on the baseline.

Dry Run: (demonstration/explanation): Students will be playing a tournament in volleyball. There will be a posterboard on the far wall with the team names, each team member of the team, and the layout of the tournament. The teacher placed people equally into the teams based on their skill level. How the tournament is going to work is each team goes to look at the layout and who they play, after the game is over they can mark down the winner and then keep playing each other until the time limit is up or all teams are done. They will then go see who to play next and so on.

Challenge: I challenge you to keep everybody involved and to communicate with your team members.

Safety: be careful when going to mark down the winners and retrieveing balls for the other teams that are playing.

Questions to Check Understanding: What do you do after a team has won? Do you keep playing after?

Transition: When I say go I would like everybody to walk over to the poster board and see what court to go to and then sit down in the court. Go.

Students Practice

Transition: freeze. When I say go whoever has the ball walk it back to the bin, and then go in and get changed. Go

RESOURCES/MATERIALS and CLASSROOM SET UP needs:

Volleyball nets, volleyballs, radio or stereo, whistle.

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