COURSE TITLE: VOLLEYBALL
COURSE NUMBERS: 2760
DEPARTMENT: Physical Education
PRE-REQUISITE: None
CO-REQUISITE: 9th Grade must be co-enrolled in Core 9 PE
LENGTH OF COURSE: One Semester
SEMESTER PERIODS OF CREDIT: Five
GRADE LEVEL(S): 9-12
DATE ADOPTED: 1990

Meets EUHSD Elective Credit (May Satisfy EUHSD Physical Education Requirement According to EUHSD Board Policy)

COURSE DESCRIPTION: Volleyball is offered as both an elective class taught both indoors and outdoors. The course will develop hand-eye coordination, conditioning, ability, rules, strategies, sportsmanship and competitive team play.

5/18/2012
### COURSE UNITS/TOPICS AND SUGGESTED PACING GUIDE

#### VOLLEYBALL

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I. SETTING

1.0 (Goal) To develop the students hand-eye coordination and spatial awareness on the volleyball court.

1.1 (Objective) Each student will demonstrate the ability to set a volleyball so that a teammate may hit the ball.

1.1.1 PI: Each student will execute a set that will allow a teammate to execute a hit. ESSENTIAL

1.1.2 PI: Each student will execute a “1”set that will allow a teammate to spike the ball. EXPECTED

1.1.3 PI: Each student will execute a back set that will allow a teammate to spike the ball. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Through instruction all techniques will be taught through various drills:

1) Place the ball in student’s hand to position fingers properly. 
2) Set the ball from a set position (ball already in students hands) (check follow through). 
3) Toss and set drill. 
4) Continuous set drill (in a circle or 2 lines facing each other). 
5) Set to a hitter. 
6) “1” set to a hitter. 
7) Back set to a hitter. 
8) 3 set to a hitter.

II. BUMP

2.0 (Goal) To develop the students hand-eye coordination and spatial awareness on the volleyball courts.

2.1 (Objective) Each student will execute a bump that will enable a teammate to execute a set.

2.1.1 PI: Each student will execute a bump that will allow a teammate to set the volleyball. ESSENTIAL

2.1.2 PI: Each student will execute a bump off a “hard” spike enabling a teammate to wet the volleyball. EXPECTED

2.1.3 PI: Each student will execute a bump off of a dive (the roll will also be executed) that will allow a teammate to set the volleyball. EXTENDED
SAMPLE INSTRUCTIONAL ACTIVITY

Through instruction all techniques for the bump will be taught:

1) Place students in a proper stance and body position for bumping the volleyball.
2) Toss to student-they return the ball by bumping back to you.
3) Have each student bump the ball to themselves 10-15 times.
4) Circle drill-bump to each other.
5) Circle drill-incorporate hit with bump.
6) Dive and roll drill-execute bump while diving for ball then roll out after ball is bumped.

III. HIT/SPIKE

3.0 (Goal) To develop the students hand-eye coordination. To develop the students ability to hit an object with force and develop spatial awareness on the volleyball court.

3.1 (Objective) Each student will execute a hit that will descend on the opposing side of the court.

3.1.1 PI: Each student will execute a hit that will descend on the opposing side of the court. **ESSENTIAL**

3.1.2 PI: Each student will execute a “cross court” and “down the line” spike that will descend on the opposing side of the court. **EXPECTED**

3.1.3 PI: Each student will execute a back row spike that sill descend on the opposing side of the court. **EXTENDED**

SAMPLE INSTRUCTIONAL ACTIVITY

Through instruction all techniques for hitting will be taught:

1) Practice hitting the ball into the net (emphasize snapping wrist and elbow).
2) Work on approaching the net (one-two-gather jump) (emphasize going straight up and approach from outside in).
3) Toss to spiker - execute a hit. (#3-8 drills are from hitting lines).
4) Toss to spiker - execute a “cross court spike” (designate a specific area).
5) Toss to spiker - execute a “down the line spike” (designate a specific area).
6) Execute a spike off a “1” set.
7) Execute a spike off a “3” set.
8) Execute a back row spike.

IV. SERVING

4.0 (Goal) To develop the students hand-eye coordination and to develop the ability to serve a ball successfully considering all the variables; force, projection, court size.
4.1 (Objective) Each student will execute a serve that will land on the opposing side of the volleyball court.

4.1.1 PI: Each student will execute an underhand serve that will land on the opposing side of the volleyball court. **ESSENTIAL**

4.1.2 PI: Each student will execute an overhand serve that will land on the opposing side of the volleyball court. **EXPECTED**

4.1.3 PI: Each student will execute an overhand drop serve that will land in a specific area on the opposing side of the volleyball court. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Through instruction all techniques for serving will be taught:

1) Divide class in half one group on one side of net at the service line; second on the opposing service line. Execute an underhand serve. (Serve can go back and forth).

2) Same formation as #1 - execute overhand serve.

3) One line at the service area, one server trying to hit designated areas on the opposing side of the court.

V. **BUMP-SET/HIT COMBINATION**

5.0 (Goal) To develop the students ability to work within a team concept and develop spatial court awareness.

5.1 (Objective) Each student will demonstrate with proper technique: a bump-set-spike in a game situation that has a positive result.

5.1.1 PI: Each student will demonstrate with proper technique a bump-set-spike in a game situation that has a positive result. **ESSENTIAL**

5.1.2 PI: Each student will execute a bump, set, spike that will allow for a “1” set, cross court, or a down the line spike in the court of play. **EXPECTED**

5.1.3 PI: Each student will be able to execute a bump off a hard spike, a set to a back row spike in the court of play. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Through instruction all techniques for bump set and spike will be taught:

1) Place students in a 3 front – 3 back defense and toss the ball to the back row. They then will execute a bump, set, spike.

2) Same formation as #1- now perform a bump – “1” set-spike or bump, set, spike cross court or down the line.

3) Same formation as #1- now spike the ball to the back row bump-back row set-back row spike.
VI. BLOCK/1-MAN-2-MAN

6.0 (Goal) To develop the ability to discern when to block a hit or when to “lay back” (ie. Free ball).

6.1 (Objective) Each student will execute a block one man and two man that will be adequate defense versus a hard spike.

6.1.1 PI: Each student will demonstrate a one-man block that will provide adequate defense versus a hard spike. **ESSENTIAL**

6.1.2 PI: Each student will demonstrate a two-man block that will provide adequate defense versus a hard spike. **EXPECTED**

6.1.3 PI: Each student will execute a two-man block and recover to get a bump, hit, spike. **XTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Through instruction all techniques for blocking will be taught:

1) Set up a hitting line and a blocking line.
2) Same as #1 but add Z blockers.
3) Set up 3 front – 3 back. Have a student spike from a toss at a Z blocker defense. The defense, in turn, blocks, recovers and performs a bump-set-spike.

VII. RULES

7.0 (Goal) To enable each student to play a game of volleyball with full knowledge of all the rules of the game.

7.1 (Objective) Each student will take a written exam testing their knowledge of the rules of volleyball.

7.1.1 PI: Each student will show a knowledge of volleyball rules. **ESSENTIAL**

7.1.2 PI: Each student will be able to score above average on a rules exam. **EXPECTED**

7.1.3 PI: Each student will show mastery of the rules of volleyball and will be able to officiate a game. **XTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Exam (made by teacher) could be oral or written.

VIII. DEFENSE/OFFENSES
8.0  (Goal) To develop the students awareness of different offenses and defenses in volleyball.

8.1  (Objective) Each student will execute a 4-2 offense and a 1 man block defense in a game situation.

8.1.1  PI: Each student will execute a 4-2 offense in a game situation. Each student will execute a “free ball defense” in a game situation.  ESSENTIAL

8.1.2  PI: Each student will execute a one-man block defense in a game situation. Each student will execute a 5-1 offense in a game situation.  EXPECTED

8.1.3  PI: Each student will execute a two-man block defense in a game situation. Each student will execute a 6-0 offense in a game situation.  EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Through instruction place the students in the proper positions and create progressive game situation drills.

IX.  NET RECOVERY

9.0  (Goal) To develop the students hand-eye coordination to improve the students reaction time.

9.1  (Objective) Each student will be able to recover a ball that rolls off the net.

9.1.1  PI: Each student will be able to pass a ball that has “rolled over” to the net.  ESSENTIAL

9.1.2  PI: Each student will be able to “dig” a hit off of a block.  EXPECTED

9.1.3  PI: Each student will be able to recover a ball that has been hit into the net by a teammate.  EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

The student stands at the net and a teammate hits the ball into the net enabling the student at the net to recover and “dig” the ball.