

PE 9 - Volleyball

Date	Tasks	Assessment	Skills
Day One Oct. 12	<p>Warm up</p> <ul style="list-style-type: none"> - Choose a student to lead each exercise while walking back and forth across gym – 8 exercises <p>Volleyball</p> <ul style="list-style-type: none"> - Have each student practice bumping, setting, and spike throwdowns individually against wall – 10 each - Pair up students – have them bump and set 5 times to each other - Have students practice serving all together - Game play and strategy – go through a few different scenarios with students – have them move around on court based on shared scenario - King’s court games 		Bumping, setting, serving, strategic planning
Day Two Oct. 14	<p>Fitness</p> <ol style="list-style-type: none"> 1. Kahoot – Fitness 2. Ask students why they think its important to exercise. 3. Watch video: What happens inside your body when you exercise? 4. Discuss: There are 5 components to health. Have them name them if they can. 5. Hand out worksheets. Watch video: The Five Components of Health Related Fitness 6. Explain heart rate. Resting heart rate between 60-100 bpm. When exercising, you want to be between 120-160. The highest amount your heart can beat is about 200 to 205. Subtract your age from 220. 7. Resting video: Relaxing Sounds With Music – have students write down BPM 8. 		

Day Three Oct. 18	<ol style="list-style-type: none"> 1. Review 5 components of health 2. Workout video: 8 Min Fun Full Body – Pamela Reif – have students write down BPM 3. Give overview of planned upcoming events 4. Have students bump and set and strike throw 10 times each 5. Practice positioning and rotations 6. Try game situation <p>Links: -https://prorecathlete.com/positions-rotations/ -https://www.wikihow.com/Rotate-in-Volleyball -https://www.theartofcoachingvolleyball.com/understanding-rotations/</p>		
Day Four Oct. 20	Fitness <ol style="list-style-type: none"> 1. Warmup – stretch 2. Beep test – have half the students run, have the other half watch for their feet 3. Do same thing with other group 4. Fun activity 		
Day Five Oct. 25	Volleyball <ol style="list-style-type: none"> 1. Warmup 2. Positions review 3. 		
Day Six Oct. 27	Fitness <ol style="list-style-type: none"> 1. Warmup video 2. Discussion on safety of weights 3. Sit-ups (https://youtu.be/LewMQowkkg) 4. Weight lifting – 5, 8, 10, 20 5. Volleyball game 		
Day Seven Oct. 31	Volleyball <ol style="list-style-type: none"> 1. Warmup 2. Bump, set, spike throws 3. Game situation with rotations 4. Take students out for 2nd set of weights 		
Day Eight Nov. 2	Fitness <ol style="list-style-type: none"> 1. Push-ups - Video 2. Flexibility 3. Fun activities 		

Day Nine Nov. 7	1. Core Muscles Google Slide – Core Muscles 2. Workout video: 10 MIN BEGINNER AB WORKOUT // No Equipment Pamela Reif 3. Basketball game – passing, covering players, strategy, no dribbling		
Day Ten Nov. 9	Core Muscles Google Slide – Joint Muscles Workout video: 12 Minute Ed Sheeran Dance Workout Tchouk ball		
Day Eleven Nov.14	Review of Core and Joint Muscles – Exit Slip 6 minute workout challenge Tchouk ball		
Day Twelve Nov. 16	1. Look at fitness progress 2. Look at growth areas 3. Breakout into groups based on fitness area 4. Find 10 or more exercises focused on fitness area (arm, leg, core, flexibility) 5. In groups, take a picture of each exercise. Include instructions for exercise and explanation of how it helps their chosen target area.		
Day Thirteen Nov. 18	Complete activities from previous class		
Day Fourteen Nov. 22	Fitness – 2 songs worth of running Stretching Workout plan (10 activities) Strategy game		
Day Fifteen Nov. 24	Train Vs. Dance Workout Workout plan (10 activities) Strategy game		