

How to Use It

- Skill Builders in this unit are of 2 types. Use the Introduction to Forearm Pass, Overhead Pass, and Underhand Serve activities first to teach students the proper form of these basic skills. Then use Bumping Buddies and Setting Pairs each day for a few minutes at the beginning of the Spotlight on Skills portion of your lesson. These Skill Builders are designed to get the students active and reinforce that practice, practice, practice.
- Choose an activity based on the skill level of most of your students. As you teach, assess their comfort, interest, and capacity to perform the activity, then adjust accordingly. If an activity is too easy, use the SPARK It Up! variations to add more challenge. If it is too difficult, decrease the variables, simplify and slow down.
- Integrate the PACE Activities throughout the unit. Make copies prior to teaching. PACE Activities engage students in self-directed learning and provide you opportunities to gather assessment data.
- Review the assessment samples on the SPARKfamily.org website. The Volleyball Self-Check is a student-paced assessment which can be administered throughout the entire unit. The Volleyball Performance Rubric is an observational assessment you can use to collect skill development data. Ideally, you would take rubric observations at the beginning, middle and end of the unit.
- There is a sample unit plan on SPARKfamily.org built on an instructional model of 3 PE classes per week. Use this guide to adjust and create a unit plan that meets your particular instructional requirements.
- Make copies of the Home Play Activity (SPARKfamily.org) and distribute 1 to each student after the first class.
- Remember to use a short 5-7 minute ASAP activity before the main activity in your lesson. Choose several from the ASAP sections to rotate throughout the unit.

Safety

- Foam balls or volleyball trainers are recommended for “sting-free” passing.
- Keep a safe distance between playing areas or courts to avoid collisions, and to prevent balls from interfering in other groups’ activities.

Note

- Although volleyball purists prefer not to use the term “Bump” for Forearm Pass, or “Set” for the Overhead Pass, for the sake of brevity, we will substitute the slang terms for the proper terminology.