

## Introduction

Volleyball is enjoyed at all levels from family-style play to recreational leagues to highly competitive clubs and teams. It can be played inside and outside, which makes it ideal for year-round participation. Volleyball involves a variety of skills that can be practiced alone, with a partner, or in groups. Although the game of volleyball may be quite challenging for upper-elementary students, the various skills of the forearm pass, overhead pass, and underhand service are age-appropriate and fun to learn.

The SPARK Volleyball unit provides activities for students to practice and develop the fundamental skills required for successful game play. Activities in this unit follow a high-activity skill progression, which can be adapted for a variety of skill levels. Aligned with National PE Standards and state content and performance standards, SPARK activities are designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class.

## What You Have

### SPARK Manual

- **Skill Builders**
  - 5 skill-specific activities that challenge students to improve their skill regardless of their skill ability.
- **Lessons**
  - 7 activities in order of skill difficulty.
- **PACE (Physically Active Choices to Enjoy) Activities**
  - 2 activities designed to allow students to practice volleyball skills while they work independently at their own pace, with a partner or small group.
- **Inclusive Strategies**
  - Instructional tips and equipment suggestions to help meet the needs of all students.
- **Supplemental Lesson Content**
  - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
  - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the "inside scoop."
  - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
  - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
  - **Standards:** indicates which national PE standards and grade level outcomes are addressed.
  - **SEL Competencies:** Shows the lesson's alignment with CASEL's SEL competencies and related skills.
  - **Vocabulary:** a list of words used to highlight academic content during the lesson.
  - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

### SPARK Instructional Media

- **Unit Plan**
  - A model of three 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Pedometer Activity**
  - An activity specifically designed to incorporate the use of pedometers.
- **Skill Cards**
  - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
  - Includes instructions for PACE Activities. Print on card stock and laminate for durability
- **Assessment Samples**
  - Performance rubric and student self-check assessment samples to document and guide learning.
- **Limited Equipment/Large Class Ideas**
  - Ideas for how to use the activities when faced with limited equipment or large classes.
- **Home Play Activity**
  - A take-home page with interesting facts and information on 1 side, and fun challenges on the other.