

## How to Use It

- Follow the sample Volleyball Unit Plan (*SPARKfamily.org*), or use it as a guide to adjust and create your own unit plans which meet your particular instructional requirements.
- As you teach, assess your students' comfort, interest, and capacity to perform the activity and adjust accordingly. If an activity is too easy, move ahead to Extensions and add more difficulty. If it is too difficult, decrease the variables, simplify, and slow down.
- Use the Volleyball Unit to encourage participation in other running opportunities at school (track team) or in the community (fun runs).
- Implement the *Volleyball SPARK Event* during the last days of the unit and provide an exciting culminating experience that will showcase skills and knowledge learned. Use the SPARK Event as a foundation for teacher and student creativity and expand the idea to make it relevant to your students, school, and community.
- Generate interest for the SPARK Event with a bulletin board focusing on unit content and the SPARK Event theme. SPARK Event bulletin board plans and supplemental resources can be found at *SPARKfamily.org*.
- Use the Integrations as background information during a lesson introduction or closure. Another option is to print all the unit Integrations from *SPARKfamily.org* and staple to a bulletin board in the sequenced order. Pull off the top Integration before the start of each new lesson.
- Review the assessment samples provided on *SPARKfamily.org*.
  - The *Volleyball Self-Check* is a student-paced assessment that can be used throughout the entire unit.
  - *Volleyball Performance Rubrics* are observational assessments used to collect skill development data.
  - *Volleyball Peer Coaching Task Cards* guide students in offering feedback to their partners for proper performance. Students take turns being the coach and the performer.
  - The *Volleyball Unit Test* provides students a chance to show off their new knowledge through a short, written test given at the end of the unit.
  - *Volleyball Coulda, Shoulda, Woulda* scenarios allow students to reflect and respond to situations they are often faced with during physical education/physical activity settings. These make excellent homework assignments and topics to discuss with a partner or in small groups.
  - *The Volleyball Create a Routine* activity is used toward the end of the unit.
- Follow the sample *Volleyball Unit Plan (SPARKfamily.org)*, or use it as a guide to adjust and create your own unit plans which meet your particular instructional requirements.

## Safety

- Be sure the surface of the activity area is smooth, dry, and free of unnecessary equipment.
- Foam balls or volleyball trainers are recommended for "sting free" passing.
- During partner drills, pairs practice with each other in similar line of direction, in parallel lines that are safely spread apart (partner face-off formation).
- Establish rules for dealing with errant balls. If balls go into an adjoining area, ask others to retrieve with "please" and "thank you."
- Keep a safe distance between playing areas or courts to avoid collisions and to prevent balls from interfering in other groups' activities.

## Limited Equipment/Large Class Ideas

- **Inside Mini-Lessons**
  - If volleyballs or courts are in short supply for your class, divide the class in half. While one half moves around the perimeter of your courts, building aerobic capacity, teach a mini-lesson to the other half. On signal (5-7 minutes), switch roles. The mini-lesson could include any activity in the unit.