

Introduction

The SPARK Volleyball Unit provides activities for students to practice, develop, and apply volleyball specific skills such as the forearm pass, overhead pass, underhand and overhand serves, as well as offensive and defensive strategies required for successful game play.

Volleyball is an enjoyable and challenging activity that is played at different skill levels from recreation leagues to highly competitive clubs and teams. It can be played both indoors and out, making it ideal for year-round participation. Compared to many other sports, volleyball has fewer skills to learn; however, they can be difficult for middle school age students to master without a great deal of practice. Volleyball trainers (oversized, softer, lighter balls) are helpful for beginners and intermediate level players because they are much easier to pass and strike than regulation volleyballs. Students are more consistent and successful, and this often leads to greater self-confidence.

Activities in this unit have been modified to be more inclusive, active, and enjoyable than traditional volleyball drills and games. A unit-culminating Event is provided to generate enthusiasm and extend learning opportunities. Additional Activities may be found at SPARKfamily.org.

What You Have

SPARK Manual

- **ASAPs**
 - Four Volleyball ASAPs used for warm-ups prior to activities in this unit.
- **Lessons**
 - 11 Volleyball Activities sequenced by level of difficulty.
- **SPARK Event Experience**
 - The *SPARK Volleyball Event* is a multi-day experience designed to extend student learning opportunities through enjoyable and meaningful context.
- **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

- **Sample Unit Plan**
 - A grade level specific 15-day sample Unit Plan is provided for 6th, 7th, and 8th grades and can be used as written or modified to suit our needs.
- **Skill Cards**
 - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
 - These include instructions for the Volleyball Xtreme and Adventure Race activities.
- **Leveled Assessment Choices**
 - Assessment options include both cognitive and skill-based assessments along with suggestions for individual student portfolio development.
- **Limited Equipment/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment and/or larger classes.