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Introduction

The SPARK Volleyball Unit provides opportunities for students to demonstrate skills learned in previous volleyball units while participating in authentic performance experiences. Volleyball was first played in 1895 in Holyoke, Massachusetts and has developed into a world-wide sport played at the highest level in the Olympic Games. It requires good aerobic capacity, agility, strength, and speed. Volleyball played at all levels offers ample opportunity to develop fitness while displaying cooperation and personal responsibility.

Activities in this unit are designed to utilize small groups, few rules, and meaningful practice to maximize student engagement, equitable play, skill development, and enjoyment. Use Game Reset suggestions to make games and activities less ("Rewind") or more ("Fast Forward") challenging to promote learning. Ultimately, the focus is on successful participation, skill, tactical, and knowledge application – all while developing health-related fitness.

What You Have

SPARK Manual

- **ASAPs**
 - Use this unit's ASAPs, following the fitness-specific ASAP for a basketball-specific warm-up prior to activity. This routine should be followed each day before and during roll-taking.
- **Lessons**
 - This unit is organized like a season. It begins with self-assessment and skill building at the beginning of the season moving to in-season skill application and skill refinement and moving to a culminating experience that allows students to use skills and knowledge in a challenging and authentic conclusion to the unit.

Volleyball

- **Assessment**
 - The *Personal Best* assessment activity is provided to help students and teachers benchmark student skill levels and set goals for personal improvement. As an option, use Personal Best assessments to create learning teams for Long-Term Grouping throughout the unit.
- **Preseason**
 - Option 1 includes *Cooperative* activities to promote team cohesion and foster personal responsibility. The Fun-day-mentals Jigsaw is used to review and refine the skills needed for successful participation. The Adventure Race allows learning teams to work together to complete highly active unit-specific challenges.
 - Option 2 includes *Skill Builder* practice-style activities to promote skill development for all students.
- **In-season**
 - Game Day activities are designed to continue building game knowledge, skill, and tactical awareness in preparation for the SPARK Event.
- **Post Season**
 - The SPARK Event is a multi-day experience that provides students with an opportunity to apply unit content in a real-world context. As a meaningful destination, this culminating event inspires students to work cooperatively throughout the unit. It also promotes a spirit of unity within teams and helps teachers define healthy competition between teams.
- **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.
- **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time

SPARK Instructional Media:

- **Sample Unit Plan**
 - A 4-week sample unit plan provides an example for fitness integration, ASAP selection, activity sequencing, and event scheduling. It can be used as is or modified to suit your needs.
- **Printable Instructional Media**
 - All the printable instructional media required for this unit is provided at SPARKfamily.org. These 8.5” X 11” sheets include Practice Plans, Jigsaw Cards, Adventure Racing Cards, Unit Content Cards, Score Cards, and more. Essential instructional media cards are also included in the SPARKfolio.
- **Leveled Assessment Choices**
 - To document and guide learning, teacher 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 or larger classes.