

Lesson # 5 of 9  
Unit: Volleyball

Instructor: Edward Dengler  
Lesson Length: 60 – 65 minutes  
Grades: 10 coed

Equipment: Volleyballs, 6 Badminton courts, 2 Volleyball nets

**Lesson Objectives** - *The students will be able to:*

1. Psychomotor: Demonstrate basic proficiency of all skills taught in the unit
2. Cognitive: Demonstrate knowledge of defensive tactics
3. Affective: Fully participate with good attitudes to the activities and respecting all students and teacher.

<i>Progression and Time</i>	<i>Organization (Formations)</i>	<i>Tasks</i>	<i>Teaching Cues Prescriptive Feedback</i>	<i>Checking for Understanding</i>	<b>Obj. #</b>
-----------------------------	----------------------------------	--------------	--	-----------------------------------	---------------

**Set Induction (We are going to ... what, why, how)**

**Today we will use our accumulated knowledge of volleyball and create our own activities focusing on defensive strategies**

A. Warm up	Stand in a triangle	Allow students to practice 3 person pepper taught previously	Remember to bend your knees to get below the ball  Pass the ball with a nice high arc	In what situation should you choose to pass the ball with a set?	
paired modified pepper  (10 minutes)	Stand in a square, two partners facing other pair	Switch to paired pepper Have two pairs of students facing each other (does not have to be across from the net, but can be if enough courts) One person starts the activity by choosing how he/she hits the ball to the opposite pair (e.g. bump, set, down ball) Person who receives passes the ball to his/her partner who then passes ball back to starting pair  If able, try continuous pepper		In what situation should you choose to pass the ball with a bump?  Why do you want to pass the ball high to your partner?	#1 #3

B. Skill/ Movement Development - focus  Creating defensive positioning activity  (30 minutes)		Review objectives for defensive positioning/skills from previous lesson(s)  Split class into four groups Each group creates a drill//activity/game that focuses on defensive positioning/skills  Students teach each other their activities		What does your activity focus on?  How does your activity achieve your objective?	#1 #3
	<b><i>Organization (Formations)</i></b>	<b><i>Tasks</i></b> <i>(Basic, simplifying, extending, applying</i>	<b><i>Teaching Cues</i></b> <i>Prescriptive Feedback</i>	<b><i>Checking for Understanding</i></b>	<b>Obj. #</b>
C. Culmination  Play 4v4 modified game  (15 minutes)	Teams of 4 facing each other on a court	If time, Play 4v4 putting concepts touched on in this lesson, teams will rotate at teachers call			#1 #2 #3

D. Closure (Key Points) (*Ask students questions about what were the key points of the lesson.*)

What were some general concepts that were used throughout every group's activities?  
How were these concepts presented?