**High School Course II Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ High School PE/ Volleyball**

***VOLLEYBALL:***

***Focus Points:***

***Skills:***

1. Serves - underhand, overhand and sidearm, jump (accuracy first, then power)l
2. Passes - bump and set, being able to direct both
3. Defensive skills- tip-over, net recovery, block
4. Offensive skills – offensive volley, spike, backward set

***History:***

1. Originally called mintonette.
2. In Springfield, Massachusetts, 1895, William Morgan combined basketball, tennis and handball skills, creating mintonette.
3. Setting and spiking showed up in the Philippines in 1916.
4. The need for standard rules resulted in the formation of the USVBA in 1928.

***Strategies:***

1. Learning the importance of teamwork and accepting differences.
2. Being prepared – keep eyes on ball, position on court depends on where the ball is, when receiving get behind the incoming ball, be ready to play the ball until it actually hits the ground.
3. Hit the ball up when in doubt.
4. Placement of hits – to open court, deep, to weakest player, with change of direction, with power and speed.

***Assessment:***

1. Individual performance evaluation (pass, serve, set, block, spike). Use video analysis to help students master skills.
2. Team performance evaluation (correct rotations, use of libero, 3 hits and over with bump-set-spike).
3. Peer Checklist
4. Written assessment.

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".