



Tennessee AAHPERD Handouts

***Presented By:
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**The SPARK Programs
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www.sparkpe.org**

Self-Check

Peer Coaching

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

ASSESSMENT

Directions

1. One of you is the first Thrower, while the other is the Coach and the Catcher.
2. Thrower follows the cues for the throw.
3. Coach watches and catches at least 5 throws, giving the Thrower a checkmark for each cue that they did properly.
4. Switch roles.
5. If you finish, continue to practice the throw.

Forearm Pass (Bump)

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Makes a flat platform					
Locks elbows					
Contacts ball with both arms at the same time					
Shrugs shoulders and straightens knees					
Does not swing at ball					

Overhead Pass (Set)

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Raises arms overhead, bends elbows out to create large diamond					
Makes hands in the shape of the ball					
Points thumbs toward eyes					
Positions self in front of incoming ball					
Extends knees, elbows, and wrists toward target					

Underhand Serve

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Starts with feet together; hips and shoulders square to target					
Holds ball on palm of non-serving hand, hip high, out in front					
Steps towards target with opposite foot, then swings serving hand forward					
Strikes ball just below mid-line with heel of hand (does not toss) and follows through					

MIDDLE SCHOOL

Coulda, Shoulda, Woulda!

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____



You are playing a game of volleyball and one of the players in your group can't serve over the net. The other players in your group get frustrated and yell at them.

Coulda: What could you do? Briefly list 3 things you could do.

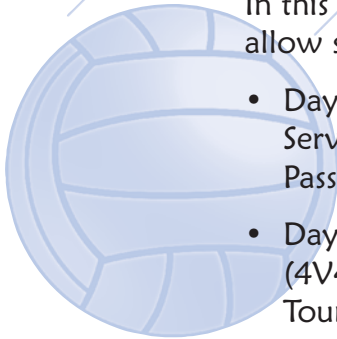
1. _____
2. _____
3. _____

Shoulda: What should you do? Write 2-3 sentences describing what you should do in this situation.

Woulda: What would you do? Write a full paragraph describing in detail what you would actually do in this situation.

ASSESSMENT

MIDDLE SCHOOL



Suggested Event Options (Duration 2 classes.)

In this Event there are several activity options to choose from. Free choice will allow students the opportunity to select challenges that fit their skill level.

- Day 1 Options – Skill Challenges. Students choose 2 skill events. (Individual Serve for Accuracy and Distance; Partners Keep It Up Success/Try Again; 4s Pass and Follow)
- Day 2 Options – Group Challenges. Students choose 1 group challenge. (4V4 Volley Tennis Royal Court Tournament; 6V6 Volleyball Royal Court Tournament)

Global Connection

Volleyball was created in 1895 by William Morgan at a YMCA in Massachusetts as a game that combined concepts and skills from basketball, baseball, tennis, and handball for businessmen looking to play something less demanding than basketball. It was first called “mintonette,” but after someone noticed that players were volleying the ball back and forth, the new name was coined. By 1900, a volleyball ball was specially designed and the game was beginning to spread around the world.

By 1928 the US Volleyball Association (now USA Volleyball) was formed and in 1930 the first 2-man beach game was played. In the 1940s the overhand pass was the preferred method of passing. However, it was at this time that the forearm pass was introduced. By the 1960s the dink, block, diving and rolling were added to the game. Volleyball became an Olympic team sport in the 1964 Tokyo Olympic Games. In the 1996 Atlanta Olympics, 2-player beach volleyball became an official sport.

Volleyball ranks just below soccer as the 2nd most popular participation sport in the world. Today over 800 million people all over the world play volleyball at least once a week!

Bulletin Board Basics

Get students excited for this event with a *Volleyball Around the World – Bulletin Board*. Here are the basic components to get you started. For more detailed resources visit SPARKfamily.org.

Section 1: Volleyball Venues – Modern photos of volleyball being played around the world.

Section 2: Beach Volleyball 101 – A quick look at the sport of beach volleyball.

Section 3: Skills Showcase Event Details – Event descriptions and suggestions for practicing at home.

Section 4: *Volleyball Integrations* – Post *Integrations* from the unit to be updated each lesson.

(Event Prep, Set, Teach on Page 33)

