

PE Scaffolding

Objectives

Psychomotor: Students will demonstrate how to serve the volleyball using an underhand or overhand serve, to a partner 8 out of 10 times during activity.

Cognitive: Students will cite cues correctly for the underhand/overhand serve, at least 5 times throughout the lesson.

Affective: Students will show respect by listening and following directions 100% of the time. They will work cooperatively in small groups.

Health Related: Students will describe the body's response to moderately vigorous physical activities when called on or at the end of the lesson during closure.

Cues for Success

Underhand Serve • "Fist" make a fist with your hitting arm and swing it back • "Ball in hand" hold the ball in front of you with your other hand • "Step & swing" take a big step and swing your arm through the ball

Overhand Serve • "Warrior pose" bring your hitting hand back behind your head, hold the ball out straight in front of you • "Ball up & hit" throw the ball up in the air, then step and hit the ball: contact the ball at your highest point of reach, give the ball a big high five.

Activity 1

Description of Activity: The students will be learning and reciting the cues for an underhand/ overhand serve without the ball, and then with ball. Students will be learning and practicing by shadowing the skill cues on the teachers command, and then move into practicing serving on the teachers command with the ball. Students will start with an underhand serve. Then if they are comfortable, they can move into an overhand serve. Students will focus on one spot on the wall and aim for that spot. The students will be about 20 feet from the wall standing on a poly spot.

Extending Task: Once students can underhand serve the ball to the same spot 7 out of 10 times they can move to the overhand serve.

Activity 2

Description of Activity: The teacher will have the students work with a partner on serving. One student will be on one side of the net, and the other student will be on the other side of the net. 1 player will serve 10 times in a row while the other partner evaluates and then switch. They will be evaluating each other and writing it down on a sheet of paper. Then once each partner has evaluated the other they will give them their evaluation papers and review what they did well and what they need to work on. Then the students will go back to the activity and work to perfect their skill.

Extending Task: Students can move forward or backwards to challenge themselves or improve success rate.

Activity 3

Description of Activity: The students will play a game called land mines. The students will be split up into 4 teams. There will be two volley ball courts. Each team will be on one side of a court. There will be equal amount of cones placed inside the volleyball court. Each team will have 3-5 volleyballs. When the teacher says go, the students will serve either underhand or overhand, and try to hit the cones on the other side of the net. When a cone is hit, it is removed from the court. The first team to hit all the cones wins.

Extending Task: The service line can be moved forward or backward to challenge or improve the success rate.