

Weeks	
Massachusetts Performance Standards	
<i>The students will:</i>	
<p>2.17 – Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastic).</p> <p>2.18 – Demonstrates activities for warming up and cooling down before and after aerobic exercise.</p> <p>2.20 – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training</p> <p>2.25 – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.</p> <p>2.26 – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity</p> <p>2.27 – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).</p>	
UNIT	
Volleyball	
Objectives (Students will...)	Essential Question
<p>For students to successfully participate in volleyball, upon learning the skills, rules, and strategies of the game.</p> <ul style="list-style-type: none"> • Demonstrates basic skills of volleyball in a game. • Demonstrates an understanding of volleyball strategies and teamwork. • Demonstrates an increase level of fitness and coordination. • Demonstrate understanding of rules, regulations, and history of volleyball. 	<p>What physical, social, and emotional benefits will you get from playing volleyball?</p>
	Mission and Expectations
	<p>Health & Wellness</p> <ul style="list-style-type: none"> • Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors • Make healthy –enhancing decisions by assessing risks and considering potential consequences. <p>Autonomous Learning Skills</p> <ul style="list-style-type: none"> • Takes responsibility for his/her learning • Is a lifelong learner • Can set priorities and identify <p>Personal and Social Responsibility</p> <ul style="list-style-type: none"> • Takes responsibility for his/her learning • Respects himself/herself and others
Teacher Resources	Media and Technology Resources
<ol style="list-style-type: none"> 1. Physical Education Activity Packets: “Volleyball” 2. Quality Lesson Plans for Secondary Physical Education - Textbook 	
Evaluation/Activities	Lesson Completion Date:
<p>Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.</p> <p>Class work: To be done on each topic/concept as needed for understanding.</p> <p>Homework: To be given daily on each introduced topic as determined by the teacher.</p> <p>Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.</p> <p>Quiz: Formal assessments will be given as warranted by the curriculum.</p>	Technology Used/ Date Used:
	Completed By:
	Comments:

