


S:2 H: 2 GLO: 9-12 Volleyball Forearm Pass
OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: <http://www.thephysicaleducator.com/resources/Skill-Posters/Volleyball/Forearm-Pass/Forearm-Pass.pdf>

<u>Objectives/ Student Targets</u>	<u>Equipment & Technology Needed:</u>
<u>Cognitive:</u> The students will explain how to correctly make a forearm pass.	1 volleyball per pair parachute or sheet(s) net(s) if available
<u>Affective:</u> The students will develop an appreciation for the sport of volleyball.	
<u>Psychomotor:</u> The students will be able to properly complete a forearm pass.	
Academic Vocabulary: Forearm Pass	
<p><u>Introduction / Anticipatory Set:</u></p> <p>What is a forearm pass in volleyball? A ball played off the forearms in an underhand manner. The forearms, (UNDERHAND PASS, BUMP) held away from the body, will act as a surface from which the pass can be made. Demonstrate the forearm stance, hands overlapping and forearms together, outstretched. Have the students example the forearm stance and take a quick look around and make sure all students are comfortable. Check for understanding.</p>  <p><u>Ready Position:</u> Relaxed with shoulders square to the ball. Feet slightly wider than shoulder width with knees flexed. Trunk is slightly bent forward with arms in front of the body.</p> <p><u>Pre Contact:</u></p>	<p><u>Classroom Layout:</u></p> <p>Large open area such as gym with volleyball courts or area big enough to make them</p>

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<p>Arms must straighten and grip hands together to create a flat contact surface from wrists to elbows. Knees are bent around 90 degrees. One foot slightly in front of the other.</p> <p>Contact: Arms are straight forming a 90 degree angle with thighs. The trunk is straight with a forward lean. The ball contacts both forearms at a point slightly above the wrists. Arms swing slightly forward and upward to contact the ball.</p> <p>Follow Through: The body moves forward in a direction towards the target. Then resume ready position in preparation for the next action.</p>	
<p><u>Instant Activity:</u></p> <p>Have the students find a partner or have partners already picked before class starts. They need one volleyball per Pick two lines in your gym for the students to stand across from each other on (starting at about 8-10 feet apart). One student is the passer and the other student hits the volleyball using the correct forearm pass form. After a few minutes have the students switch roles.</p>	
<p><u>Fitness Development:</u></p> <p>Muscular Endurance and Cardiorespiratory Endurance will be developed as activity time is increased Body Composition will improve with daily activity and nutrition is tracked Flexibility will improve through a daily dynamic warm-up and static stretching during the cool down.</p>	
<p><u>Lesson Focus:</u></p> <p>Keeping the same pair, one partner will stand on one side of the volleyball net and the other partner on the other side. One partner needs a ball. To begin this activity, the person with the ball will toss it over the net so that the other partner can pass it back over the net using a forearm pass. This activity will be ongoing so that each pair is passing back and forth across the net using the forearm pass.</p> <p>For the next activity, the students get in groups of 6 or 7. Get in a circle, one person tosses ball to start the game. Objective is to bump the ball to teammates as many times as possible without the ball hitting the ground. To add a competitive edge, see which group can get the most passes without the ball hitting the ground.</p> <p>If there is time and you have volleyball nets, drape a parachute or sheets over the net(s) so that there is two teams on each side and they cannot see the other side. Have the students volley using the forearm pass only. They score when the ball is hit out of bounds or the ball hits the ground. Can serve</p>	<p><u>Teaching Cues:</u></p> <p>Shoulders square to ball Flat contact surface Straight trunk Knees bent 90 degrees Balls contacts forearms slightly above wrists</p>

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(underarm) from anywhere on the court, just must be behind the 10 foot line. Either have the students play to a certain amount of points or to allotted amount of time.

Assessment:

- 1- Does not move to the ball. Uses proper forearm pass once or never (does not clasp hands, use forearms, or follow through). Students are not using good sportsmanship or have good attitudes.
- 2- Moves to the ball fluidly, staying low. Is often able to get into a stable platform position at contact at least once. Uses proper form sometimes. Has good sportsmanship and a good attitude some of the time.
- 3- Moves to the ball fluidly most of the time. Uses proper form when demonstrating the forearm pass most of the time, has a good attitude and uses good sportsmanship.
4. Moves to the ball fluidly and stays in a stable stance all of the time. Makes contact with the ball. Uses proper forearm pass form and demonstrates contact with the ball in the proper area. Has a good attitude and uses good sportsmanship with their peers.

Closure:

Let the students know that sore forearms are going to happen and that is normal.
How did it feel when the ball hit the correct part of your forearms compared to wrists or outside of forearms?
What is the importance of the forearm pass? When would you use it during a game?
(It is used to play served balls, hard-driven spikes and any loose balls dropping near the floor. Usually, this pass is the first contact by a team within its own court.)

Modifications:

Beach ball
Foam ball
Move lines farther away or closer depending on skill level.