

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>

<p align="center"><u>Objectives/ Student Targets</u></p>	<p><u>Equipment & Technology Needed:</u></p>
<p><u>Cognitive:</u> The students will explain how to correctly make a forearm pass.</p>	<p>1 volleyball per pair</p>
<p><u>Affective:</u> The students will develop an appreciation for the sport of volleyball.</p>	
<p><u>Psychomotor:</u> The students will be able to properly complete a forearm pass.</p>	
<p>Academic Vocabulary: Forearm Pass</p>	
<p><u>Introduction / Anticipatory Set:</u></p> <p>QR Video When can the forearm pass be used?</p>	<p><u>Classroom Layout:</u></p> <p>Large open area such as gym</p>
<p><u>Instant Activity:</u></p> <p>Toss and Pass</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>	

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<p><u>Lesson Focus:</u></p> <p>I. <u>Lesson Procedures - Teaching the skill or concept activities</u></p> <ol style="list-style-type: none">1. Ready Position2. Pre-Contact3. Contact <p>II. <u>Lesson Instructional Activities:</u></p> <ol style="list-style-type: none">1. Toss and Pass2. Pass and Run3. Shuffle Pass <p><u>Assessment:</u></p> <p>Set up a Passing assessment</p> <p><u>Closure:</u></p> <p>HUDL Technique App Evaluation of Passing</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> <p><u>Modifications:</u></p> <p>Beach ball Toss and Pass</p>
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