

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
<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	
<u>Introduction / Anticipatory Set:</u> QR Video When can the forearm pass be used?	<u>Classroom Layout:</u> Large open area such as gym
<u>Instant Activity:</u> Toss and Pass	
<u>Fitness Development:</u> 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.	

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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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