



Physical Activity Lesson Plan- Volley Catch

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is an activity similar to volleyball. Students will work on catching, throwing and volleying.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

1 ball per court (volleyballs for round 1; balloons or light balls for round 2)

1 low net (e.g., adjustable volleyball net) or a long jump rope across 2 large cones will also work

Cones to create court boundaries

Lesson Objective #1:

Improve tossing and catching skills and strategies for volley games.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask if students have ever heard of volleyball. Have they ever played?

Instructions:

SET-UP:

1. Create 1 activity court per 4 students.
2. Divide courts into 2 halves with a low net across the center and 8 cones marking the boundaries.
3. Divide students into teams of 2 students.

RULES:

1. This game is very similar to volleyball, except players catch and toss the ball over the net, instead of hitting it over the net.

2. The object is to toss the ball over the net so that the opposite team cannot catch it. All tosses must travel up, before they go down. No spikes.

3. Play starts with a player on the back line throwing the ball over the net (a serve). The receiving team must catch the ball, make 2 passes to teammates, and then toss the ball back over the net. (As students become more skilled, make passing to a teammate optional, and ball movement more strategic.)

4. Games are played to 7.

Checking for Understanding:

Observe play to make sure students are catching and tossing and following rules.

Lesson Adaptations

Time Adaptations:

Rotate teams to play other teams.

Location Adaptations:

If you do not have enough equipment, use the floor lines to be the center line.

Age Adaptations:

1-5: After they have played the toss and catch way, now allow them to hit the ball with 2 hands. Explain they only get 3 hits on each side and then the ball has to go over the net. Once they have played a while, rotate teams so they can play other groups.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: