

MSAD #54 Curriculum

Content Area: PE
Unit: Volleyball

Grade: 3-6

MLR Content Standard: **Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings

Performance Indicator:

G1 Stability and Force

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G4 Skill Improvement</p> <p>I1 Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p> <p>I2 Responsible Behavior Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.</p> <p>I3 Safety Rules and Rules of Play Students identify safety rules and rule of play for games/physical activities.</p> <p>G1 Students demonstrate a variety</p> <p>a. a. Demonstrate movements that <i>balances</i>.</p> <p>b. b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p>	<p>Students will learn the rules of volleyball.</p> <p>Students will learn the basic skills of volleyball through practice and game play.</p>	<p>Lesson 1</p> <ul style="list-style-type: none"> -Bumping Skills -Overhand Serving -Underhand Serving -Rotation <p>Lesson 2</p> <ul style="list-style-type: none"> -Review -Rules and scoring -Game <p>Lesson 3</p> <ul style="list-style-type: none"> -Game play <p>Assessment: Formative</p>

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