

Overhand serve

Lesson Overview

Title: Overhand serve
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Subject: Other
Grade Level(s): 6–8
Duration: 1 week

Unit Description

In this unit, the students will learn the step by step technique used when serving a volleyball. They will also learn the basic rules about serving a volleyball. In the end, they will gain the skills to be able to tell someone how to accurately serve a volleyball and the rules involved with serving a volleyball. Students will practice serving and will receive a grade on the effort portion of practicing.

Lesson Description for Day

In the first lesson, students will learn about the overhand float serve. They will learn the technique, benefits and rules.

State Standards

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Goals

Unit Goals:

Students will understand the step by step technique

Students will understand the rules as they pertain to serving

Students will understand the importance of serving

Students will be able to demonstrate a floating serve

Lesson Goals:

Students will describe the steps

Students will explain the rules

Students will explain the importance of serving

Methods

Anticipatory Set:

Review the game of volleyball and end with the importance of the serve. Teacher will go over the proper technique of a floating serve.

Introduce and Model New Knowledge:

A whiteboard or chalkboard can be used to write out the step by step technique.

A video can be used to show the steps in action and to discuss the game.

Audio with video can be used to explain the game and serve.

Provide Guided Practice:

Have the students read about volleyball and the serve.

Model how the serve should be done.

Let students try the serve and give audio feedback.

Offer to tell the students about volleyball and the serve.

Offer to show a video of the game and serve while you explain what is happening.

Provide Independent Practice:

Students will attempt the serve on their own. First against the wall and then over the net.

Students will watch each other and give each other feedback.

Coach's eye can be used to give feedback.

Video can be used to put their serve on top of a serve done correctly to pinpoint areas for improvement and to give praise for what is being done correctly.

Wrap-Up

Class discussion about what was done right, where they can improve and what they found difficult.

Videos shown to highlight things the students did well.

Assessment**Formative/Ongoing Assessment:**

Teacher will see if as a class, they can tell the rules as they pertain to serving.

As a class, the students will tell the teacher the steps involved in a floating serve.

Students will individually show their serve to the teacher.

Summative/End Of Lesson Assessment:

Videos taken of attempts from beginning to end to show improvements and adjustments made. Students will tell the teacher where they could improve.

Written assessment can be used if you want to make sure the students are clear on the steps and rules as they are related to serving.

Materials**Video & Audio Resources**

- Coaches eye
App used by coaches to help coach

- iPad
An iPad will be used to take video

Other Resources

- Volleyball
- Volleyball net