

LEVEL	UNIT	LESSON	EQUIPMENT
First Grade	Volleyball	Striking a ball to self	Balloons or Beach Balls

Objectives:

The student will

1. Have fun.
2. Try at least three parts of the body to hit the ball up into the air.
3. Work safely.
4. Verbally describe what to look at as they are striking the ball.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Warm up Fitness and Ball handling stations	10	Set up six stations to work at. I will use the music from the fitness stations to gauge time. Use the stations: Jumping jacks/Elbow to knee Sit ups Push ups And three ball handling to the air cards.	
Part 2 Striking the ball	15	[AT] Throw the ball up in the air to yourself. When it comes back down, before it hits the ground, hit it up again.  1. When you are trying to hit the ball, what do you look at? (The ball) <ol style="list-style-type: none"> <li>a. Can you hit the ball up in the air with one hand?</li> <li>b. Can you hit the ball up in the air with both hands held together?</li> <li>c. Can you hit the ball up with your arm?</li> <li>d. Can you hit the ball up with your elbow?</li> <li>e. Can you hit the ball up in the air with any other body parts?</li> </ol> 2. In order to hit the ball upward, what direction must you swing that body part as you are hitting the ball? (Upward)	As they are working on the various questions and tasks, I will walk around and discuss what I see with individuals.  I will point out cool things to the class.
Part 3	5	While you are hitting the ball up in the air, try to hit the ball each time with a different body part. How long can you keep hitting it up without letting it hit the ground?  Decide which three parts are easiest for you to use. Each time you hit the ball; use one of those three parts. Try to create a pattern, using the same three parts in the same order every time you hit the ball up in the air.	Stop the class to point out students who are trying cool things!