

LEVEL	UNIT	LESSON Number 2	EQUIPMENT
Kindergarten	Volleyball	Ball Handling to the Air with Emphasis on Levels	Play balls, Station Cards Fitness and Ball Handling, Control Cones

Objectives:

The students will

1. Verbally describe the points of throwing the ball to the air and catching the ball from the air.
2. Practice safely at the stations during review.
3. Catch and throw the ball from and in all three levels that the body can be in.
4. Create a sequence, choosing the level to start the throw from and the level to catch the ball in.
5. Have fun.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up	15	I will review the cards with the class, making sure they know what the three ball handling stations are. The balls will be 4 balls in the hoops at the ball stations, so I will explain to the class that they should not take the ball with when they move onto the next station. I will also review the basic points of throwing to and catching a ball from the air “When I say go, go to a station. There should be no more than four people at each station, so if the station you choose is full, go to another station. (Figure out how many students you have and divide them by 10. That is the number of balls you want at each station.) When the music plays the class will do what the card at the station says, when the music stops, they will rotate to the next station. (You can make a couple more stations if you want to add more fitness cards. Or maybe you can think of a couple more ball handling to the air cards?)	Set up Three Cardiovascular Stations and Four ball handling Stations and three Strength Stations 1. Toss and Catch 2. Toss; Touch a body part and catch. 3. Toss Travel and Catch. 4. Toss Clap and Catch 5. Jumping Jacks 6. Twisting 7. Ski Jumps. 8. Push ups. 9. Sit Up. 10. V Sits
Part 2	8	After the students are finished with the stations I will ask the students without a ball to get one, and all the students will be instructed to find an own space. “When I say go, I want you to stay in your own space and try throwing the ball up in the air and catch it up by your head. See if you can catch it so that your hands are up around your head. Ready Go.” As they are trying to do this, I will walk around and compliment the class on the various jobs they are doing. If any student is doing a great job, I will stop the class and show them off. “This time as you are tossing the ball and catching it, try to catch the ball when it is even with your stomach.” After a minute of practicing this I will give them the next task. Give each of these next tasks at least a minute of practice. • Try catching the ball when it is even with your knees. • Try catching the ball when it is even with your feet! • Start with your body in a high level, Throw the ball up in the air and catch it with your body in a high level. • Start with your body in a medium level, throw the ball up in the air and catch it in a medium level. • Start with your body in a low level, throw the ball up in the air and catch it in a medium level. • Start with your body in a high level; throw the ball in the air and change levels to catch it in a medium level. • Start with your body in a high level; throw the ball in the air and change	Review the concepts of levels verbally if the class is having a problem with the tasks in regards to levels.

		levels to catch it in a low level. • Start with your body in a medium level; throw the ball in the air and change levels to catch it in a low level. • Start with your body in a Low level; throw the ball in the air and change levels to catch it in a High level. • Start with your body in a Low level; throw the ball in the air and change levels to catch it in a medium level.	
Part 3	5	“When I say go, I want you to start in a high level and change levels to catch the ball in a different level. What are the other two levels you can catch the ball in? (Low and Medium) That’s right, ok throw the ball from a high level and change to catch it in a different level, ready, go.” “When I say go, I want you to start in a medium level and change levels to catch the ball in a different level. What are the other two levels you can catch the ball in? (Low and High) That’s right, ok throw the ball from a medium level and change to catch it in a different level, ready, go.” “When I say go, I want you to choose a level to throw the ball from and change levels to catch the ball in a different level.”	While the students are working I will walk around commenting on all the cool things I am seeing. I will pick out at least one student per task to show off. I will compliment the students who are working safely and staying in their own space.
Closure	2	Review of the points of throwing and catching and ask them which levels they chose to start and finish in. “Great job today everyone!”	