

LEVEL	UNIT	LESSON Number 2	EQUIPMENT
Second Grade	Volleyball	Striking a ball to a Partner	Balloons or Volleyball Trainers

Objectives:

The student will

1. Have fun.
2. Hit the ball with a partner back and forth at least three times consecutively.
3. Work safely.
4. Verbally describe what to look at as they are striking the ball.
5. Verbally describe stepping toward a partner to direct the ball.
6. Work out and stretch the major muscles of the body and heart for at least 10 minutes.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up Fitness	10	Set up six stations to work at. I will use the music from the fitness stations to gauge time. At the end of the circuit turn the cards around to do the stretches.	Use the stations: Jumping jacks/Elbow to knee Sit ups Push ups Jump Rope Ski Jumps V- Sits
Part 2 Striking the ball	10	Seated, I will review the points to striking the ball to themselves. <ol style="list-style-type: none"> <li>1. When you are trying to hit the ball, what do you look at? (The ball)</li> <li>2. In order to hit the ball upward, what direction must you swing that body part as you are hitting the ball? (Upward)</li> </ol> [AT] Throw the ball up in the air to yourself. When it comes back down, before it hits the ground, hit it up to your partner, and then your partner should try to get to the ball to hit it back to you. Try to keep hitting the ball back and forth, using your hands and arms only. <ol style="list-style-type: none"> <li>1. Where do you look when you hit the ball to your partner? (The ball)</li> <li>2. If you are trying to hit the ball to your partner, what can your legs do to help? (Step toward the partner)</li> <li>3. If you want the ball to be high enough for your partner to get to the ball and be able to hit it back to you, what must your arms do to help push it high enough, but still go out toward your partner? (Push upward as well as slightly out toward your partner.)</li> </ol>	As they are working on the various questions and tasks, I will walk around and discuss what I see with partners.  I will point out cool things to the class. Especially the partners who are working well together.
Part 3	8	Practice hitting with a partner over a net. Find a space at the net, so that you and your partner are across from each other on opposite sides of the net. Practice hitting the ball back and forth with your partner, over the net! Remember we are using hands and arms only this time!	I will set the net up a little lower than the regulation height.
Closure	2	I will review the points about hitting the ball to	