

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
Second Grade	Volleyball	Setting with a partner	Trainer Volleyballs Or Beach Balls Nets

Objectives

1. Work cooperatively with partner.
2. Verbally discuss the points of setting to self as opposed to setting to a partner.
3. Set back and forth with a partner at least two times in a row.
4. Have fun.
5. Play Safe.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up	10	Play Hoop fitness tag. Travel around avoiding the people who are taggers. If you run into a hoop, you are safe if you are doing one of the fitness activities on the fitness cards. As long as you are doing the activity, you are safe, once you stop you have to leave the hoop. You cannot start exercising in the hoop that you were in once you stop. Once you stop exercising the hoop is not safe. If you are caught, leave your flag in the pile and you become a tagger.	
Part 2 Setting with a partner	10	[AT] Set the ball back and forth between you and your partner. If the ball drops too low to set it back, stop it and start again. <ol style="list-style-type: none"> 1. Where do you look when you set the ball to your partner? (The ball) 2. If you are trying to set the ball to your partner, what can your legs do to help? (Step toward the partner) 3. If you want the ball to be high enough to get over the net, 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.) 	Allow enough time for both partners to work on the question before stopping the class.
Part 3	10	Practice setting with a partner. Find a space at the net, so that you and your partner are across from each other on opposite sides of the net. Practice setting the ball back and forth with your partner, over the net!	I will set the net up a little lower than the regulation height.