

# ROCK PORT HIGH SCHOOL PHYSICAL EDUCATION

<b>BLOCK PLAN: Volleyball 2003-04</b>		
<b>Day 1:</b> <ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Fitness components/warm-up</li> <li>◆ Intro to day's objectives *Ideology of the game</li> <li>◆ Skill intro: bumping, setting</li> <li>◆ Partner assessment of skill based upon rubric.</li> <li>◆ Lesson Closure</li> </ul>	<b>Day 3:</b> <ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Days Objectives</li> <li>◆ Fitness components/warm-up</li> <li>◆ Skill practice: pass, set, serve</li> <li>◆ New concepts: strategy</li> <li>◆ Rules of play</li> <li>◆ Game play/peer assessment</li> <li>◆ Teacher skill assessment</li> <li>◆ Lesson Closure</li> </ul>	<b>Day 5:</b> <ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Test</li> <li>◆ Days Objectives</li> <li>◆ Fitness components/warm-up</li> <li>◆ Skill practice</li> <li>◆ Tournament Game cont.</li> <li>◆ Make up test/assessments</li> </ul>
<b>Day 2:</b> <ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Days objectives</li> <li>◆ PACER/Mile Run</li> <li>◆ Fitness components/warm-up</li> <li>◆ Skill practice/review</li> <li>◆ Self-assessment of skill</li> <li>◆ Intro to serving: underhand/overhand</li> <li>◆ Skill practice</li> <li>◆ Lesson Closure</li> </ul>	<b>Day 4:</b> <ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Test</li> <li>◆ Days Objectives</li> <li>◆ Fitness components/warm-up</li> <li>◆ Skill practice</li> <li>◆ Tournament Game</li> </ul>	<b>Assessment:</b> <ul style="list-style-type: none"> <li>◆ Self-Assessment</li> <li>◆ Peer-Assessment</li> <li>◆ Teacher-Assessment: Formal and informal</li> </ul>