



Grade 8 Sample Lesson Plan: Unit 3 – Adapted- Volleyball Bump Pass

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Title:	Volleyball – Forearm/Bump Pass	Content Area(s):	Physical Education - APE
Grade Level(s):	8 th	Time Frame:	1 day
		Date(s):	1/7/19
SOLs:	Related SOLs:	6.1, 6.2, 6.4, 6.5 / 7.1, 7.2, 7.4, 7.5 / 8.1, 8.2, 8.3, 8.5, 8.6 <i>*student working on SOLs in 6th, 7th, and 8th grades due to developmental delay</i>	
	Technology SOLs:	C/T 8.3 8.4	
Description of Student of Special Needs:			
Student with Autism <ul style="list-style-type: none"> no physical impairments resistance to minor changes in routine has difficulty in social situation, especially with spatial awareness cognitive delay by two years 			
IEP Goals:		Materials:	
By 1/7/19, with verbal and visual prompts, demonstrate use of forearm/bump pass 80% of 5 attempts in 4 trials using the following criteria: <ul style="list-style-type: none"> make platform using “thumbs up, hand hug, thumbs down” knees slightly bent with one foot in front of the other contact balloon while keeping platform in tact maintain personal space given visual cues 		<ul style="list-style-type: none"> Spherical Mylar Balloon for volleyball Hula-hoop for outlining personal space Target line on wall at height of volleyball net 	
Lesson Objectives:			
<ul style="list-style-type: none"> Student can demonstrate ability to use forearm/bump pass in volleyball game Student can demonstrate ability to remain in own space on the volleyball court 			
Instructional Procedures:			
Forearm/Bump Pass Platform:	Demonstrate forearm pass or bump (coach demonstrates) <ul style="list-style-type: none"> Make a flat (Platform) surface with arms and hands <i>***Key cues: “thumbs up, hand hug, thumbs down”***</i> Spread feet shoulder length apart and slightly bend knees One foot in front of the other and shoulder width apart with knees slightly bent Extend arms flat/straight and keep eyes on balloon Do not swing arm;, meet balloon with your arms just above wrists and finish chest high (finishing position) Aim arms (square shoulders) towards the top of the net and not to the ceiling 		
Drill:	<ol style="list-style-type: none"> Student will make platform with arms and hands as demonstrated above. Once the student is ready, the para educator will toss balloon to student. Student will return balloon in direction of the visual target on wall of the top of net. While completing the forearm/bump pass, student will remain in personal space visually indicated by a hula-hoop placed on floor. 		
Safety:	Student will: <ul style="list-style-type: none"> be in control of body at all times be aware of surroundings be positive and respectful 		

Closing Activity:

Visual review by Coach of forearm/bump pass; Demonstrate any common errors made by student and how to correct them.