

## Objectives & Benchmarks

## Evaluation & Assessment

Attempt = Student is engaged, plays, shows willingness, tries

Demonstrate = Student met expectations 50% of the time

Mastery = Student met expectation 90% of the time

### Kindergarten

*The Student will:*

- |  |                |
|--|----------------|
| 1. Identify a volleyball from other balls  | 1. Mastery     |
| 2. Perform open hand ball slappies on a volleyball   | 2. Mastery     |
| 3. Strike a balloon UP, using the palm of his/her hand - standing/in place                                   | 3. Mastery     |
| 4. Strike a balloon UP, using the palm of his/her hand - walking   | 4. Mastery     |
| 5. Strike a volleyball DOWN, using the full hand   | 5. Demonstrate |
| 6. Recognize, identify and demonstrate the Volleyball Ready Position   | 6. Demonstrate |
| 7. Build his/her Passing Platform using the cues: Pancake-pancake, sausage-sausage or hotdog in a bun, twins | 7. Mastery     |
| 8. Strike a beach ball above his/her (teacher toss) with one hand  | 8. Demonstrate |
| 9. Freeze, or stop movement on teacher command   | 9. Demonstrate |
| 10. Demonstrate the underhand serve to a partner   | 10. Attempt    |
| 11. Demonstrate the bump from a teacher toss   | 11. Attempt    |

### First Grade

*The Student will:*

- |   |                           |
|---|---------------------------|
| 1. All Kindergarten Objectives plus   | 1. Mastery:Kinder = 5     |
| 2. Demonstrate the volleyball toss  | 2. Demonstrate            |
| 3. Learn the basic three lines of the volleyball court; baseline, sideline, 10' line                                | 3. Demonstrate (identify) |
| 4. Demonstrate the ball-handling skills; down balls, self-toss, popcorn, and non-dominant hand tossing (deliveries) | 4. Attempt                |
| 5. Demonstrate the basic concepts of a "Drill" how to line up, perform, and return to the back of the line          | 5. Demonstrate            |
| 6. Strike a volleyball above his/her head (teacher toss)  | 6. Mastery                |
| 7. Identify and/or vocalize the 3 basic hits of volleyball; bump-set-spike  | 7. Mastery                |

# VOLLEYBALL

## Student Objectives K-5

### Second Grade

*The Student will:*

1. All K-1 Objectives plus
  2. Demonstrate the Volleyball Serving Routine and Underhand Serve
  3. 10 toes to target, 2 dribbles, step-back/cool spin, drip of sweat, toss/step-punch
  4. Learn and be familiar with the six floor position names; RF, RB, MB, LB, LF, MF
  5. Play and engage, demonstrating good sportsmanship in a variety of lead-ups; circle passing, volleyball tennis
  6. Participate in a Peer-Coaching Task Sheet for one volleyball skill set: Passing
  7. Recognize, identify and demonstrate; The Underhand Serve, The Forearm Pass, and The Set
1. Mastery: K & 1st = 7
  2. Demonstrate
  3. Demonstrate
  4. Identify / Attempt
  5. Mastery
  6. Demonstrate
  7. Demonstrate

### Third Grade

*The Student will:*

1. All K-2 Objectives plus
  2. Demonstrate an overhand throw
  3. Underhand Serve back and forth with a partner (no net)
  4. Demonstrate a forearm pass from a partner/peer toss
  5. Participate in peer-coaching: Passing, Underhand Serve, and Setting
  6. Communicate/voice or "call the ball" - My Ball, My Ball
  7. Track a volleyball with the off hand
  8. Perform an open-hand, above-head hit - a Down Ball
1. Mastery: K, 1st, 2nd = 8
  2. Demonstrate
  3. Mastery
  4. Demonstrate
  5. Demonstrate
  6. Mastery
  7. Mastery
  8. Mastery

### Fourth Grade

*The Student will:*

1. All K-3 Objectives plus
  2. Demonstrate the volleyball forearm pass, underhand serve, overhand serve, the set, and the down ball
  3. Communicate partner talk; "It's UP, My Ball, & I go I go" during drills, activities, lead-ups
  4. Participate in a Wash Drill; how to move, rotate
  5. Gain an understanding of a Round Robin tournament (used in volleyball matches)
  6. Participate in peer-coaching: Passing, Overhand Serve, Setting, Passing
1. Mastery: K, 1st, 2nd, 3rd = 12
  2. Demonstrate
  3. Mastery
  4. Demonstrate
  5. Attempt
  6. Demonstrate

### Fifth Grade

*The Student will:*

1. All K-4 Objectives plus
  2. Recognize the difference between the Forearm Pass and the Free Ball
  3. Demonstrate the Free Ball
1. Mastery: K, 1st-4th = 13
  2. Attempt