



## 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.

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

**Closing Activity:**

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