

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 3 & 4**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD
<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • mimic proper positions for skill; • understand use of skills; • follow directions; • demonstrate proper stance. • use their hands, arms, knees, and fingers. • demonstrate eye-hand coordination. 	<p>I. <u>SKILLS</u></p> <p>A. Striking Skills</p> <p>Review skills (1 - 3) from grades 1, 2, and Special Education as appropriate.</p> <p>4. Serving Underhand</p> <p>Students will stand facing the net, knees bent, and left foot slightly forward (for right handed players). They will rest the ball on their left hand as the left arm is extended slightly across the front of the body. Their right arm swings backward and then forward like a pendulum. They will then strike the ball with the heel of their cupped hand or fleshy part of their closed fist. They will remove their left hand just before hitting the ball and follow through.</p> <p>Variations:</p> <ul style="list-style-type: none"> - Students can use an open hand; - Students can serve using their thumb and first finger with their hand closed. <p>B. Footwork</p> <p>Review Footwork Skills (1 - 4) from grades 1 and Special Education as appropriate.</p>	<ul style="list-style-type: none"> • 7" Sponge Balls or Volleyballs for each student 	<ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.1 D.1-2 E.1</p> <p>2.6 C.1,6</p>

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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use legs and knees; • develop body awareness. <ul style="list-style-type: none"> • use fundamental movements with a purpose: slide, jump, run and stop; • move on the balls of their feet from side to side; • move without bumping into others; • keep the ball going 2 or 3 times using skills in the various drills; • keep aware of space and safety; • enjoy using a ball in volleyball skills; • successfully catch and throw in order to play lead-up games to volleyball; • practice agility. 	<p>I. <u>SKILLS</u> (continued)</p> <p>C. Ready Position</p> <p>1. Students will place their weight even on the balls of their feet. Feet should be shoulder width apart. Knees should be bent and arms relaxed and in front of their body. Head is up and eyes are focused on the ball.</p> <p>II. <u>DRILLS</u></p> <p>A. Ball Handling</p> <p>Review Ball Handling Skills (1 - 8) from grades 1, 2, and Special Education as appropriate.</p> <p>9. Overhand and Underhand Volleying</p> <p>a. To Walls - students will throw the ball to the wall to use skills to return the ball to the wall after one bounce or no bounce.</p> <p>b. To Self - students will toss the ball up to try to volley upward after one or no bounce.</p> <p>c. To Partner - do the same as "b."</p> <p>d. To Small Groups - In groups of 5-6, students will toss up the ball and try to keep it up.</p>	<ul style="list-style-type: none"> • None <ul style="list-style-type: none"> • 1 Volleyball for each child (put extra balls aside as more players are added to practice drill) • Wall 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5. A.1-4 A.8-9</p> <p>2.5. A.1-4 A.8-9 B.1 D.1-2 E.1</p> <p>2.6 C.1,6</p>

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<u>VOLLEY-BALL</u>	Students will be able to: <ul style="list-style-type: none"> • contact a ball using a volley serve; • demonstrate agility; • successfully catch a ball off the wall most of the time; • successfully toss and catch most of the time; • successfully catch and throw to a group most of the time; • demonstrate alertness. 	II. <u>DRILLS</u> (continued) 10. Serving the Ball: Using the wall, students will practice serving the ball in the following ways: <ul style="list-style-type: none"> - with an open hand - with a closed hand - with a fist 11. Catching and Throwing: Students will practice by catching and throwing to: <ul style="list-style-type: none"> - the wall - to self - to groups B. Basic Footwork Review drills (1 - 9) from grades 1, 2, and Special Education as appropriate.	<ul style="list-style-type: none"> • 1 Volleyball for each child • Wall • 1 Volleyball for each child • 1 Volleyball per group 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	2.5. A.1-4 A.8-9 2.5. A.1-4 A.8-9 B.1 E.1

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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • keep the ball volleying 4 times in a row; • work together; • start to keep eyes on the ball and move the body with the ball in his/her own area. <ul style="list-style-type: none"> • demonstrate proper stance; • use arms and knees; • follow through; • demonstrate agility; • demonstrate alertness; • demonstrate eye-hand coordination. <ul style="list-style-type: none"> • use some teamwork in a game situation. 	<p>III. <u>GAMES</u></p> <p>Review games (A - D) from grades T1, 1, 2, and Special Education as appropriate.</p> <p>Variation to “Keep It Up” (game D) is to add the following challenge:</p> <ul style="list-style-type: none"> - keep ball up 4 times and sit. - keep ball up 6 times and sit. - keep ball up 10 times and sit. <p>E. Keep It Moving</p> <p>Start one ball on each side and half the class on each side. Use volleyball skills. One bounce or no bounce is allowed. A point is scored to the opposite team when there is no return after one or no bounce.</p> <p>F. Pass and Run</p> <p>Divide the class into teams of 6 or less. Each team will try to pass the ball to a teammate or over the net. Those players who can pass the ball will run under the net to the opposite side. The object is to be the first team to get all of their players to cross under the net. Extra teams - keep score and return out-of-bounds balls onto the court. Change teams.</p>	<ul style="list-style-type: none"> • 1 Volleyball or Sponge Ball per group <ul style="list-style-type: none"> • 2 Volleyballs • Net <ul style="list-style-type: none"> • 1 Volleyball • Net 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5. A.1-4 A.8-9 B.1 D.1-2 E.1</p> <p>2.6 C.1,6</p> <p>2.5. A.1-4 A.8-9 B.1 D.1-2 E.1</p> <p>2.6 C.1,6</p> <p>2.5. A.1-4 A.8-9 B.1 D.1-2 E.1</p> <p>2.6 C.1,6</p>

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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • practice a skill correctly and make corrections when necessary (body awareness). • cooperate while playing - follow the rules; • practice volleying, intercepting, and footwork. • serve a ball in the direction of the group; • practice serving and catching. 	<p>III. <u>GAMES</u></p> <p>G. Garbage Ball</p> <p>Students will spread out on both sides of the net. They will pick any free ball and make it go to the other side of the net using a skill chosen by the teacher. On the signal to "STOP," teams count all the different balls on their side of the net. The teams with the fewest balls win a point. Play the game again.</p> <p>H. Monkey in the Middle</p> <p>Divide the class into groups of 3 each. The player in the middle will try to intercept the ball as it is volleyed back and forth. If the ball is intercepted, then the "monkey" changes places with the last person who touched the ball. Place 2 ropes about 2 feet apart to keep the middle person in that area.</p> <p>I. Tusk Tong</p> <p>Divide the class into groups of 4-5 each. The player with the ball must serve it to the group. Any player who catches the ball without a bounce can become the server. If the same player catches a 3rd time, he/she must pick a player who did not have a turn to become a server.</p> <p>Variation: If any player does not catch a fly ball, they can try to hit the server with the ball.</p>	<ul style="list-style-type: none"> • Lots of Volleyballs in various makes and sizes • Net • 1 Volleyball for each group • 2 Ropes per group • 1 Volleyball per group 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.1 E.1 2.6 C.1,6</p> <p>2.5 A.1-4 A.8-9 B.1 E.1 2.6 C.1,6</p> <p>2.5 A.1-4 A.8-9 B.1 E.1 2.6 C.1,6</p>

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<u>VOLLEY-BALL</u>	Students will be able to: <ul style="list-style-type: none"> • serve the ball correctly; • follow the rules; • play fair and with good sportsmanship; • obey the referee; • understand the meaning of an inning; • demonstrate teamwork; • practice running and serving. 	III. <u>GAMES</u> (continued) <p>J. Schlag Ball</p> <p>Divide the class into teams of 5-6 players each. One game is composed of 2 teams. One team is out in the field, spread out side by side, even with the one cone about 35 - 40 feet away from the team up at bat. The team up at serve (bat) lines up away from the goal area, which is made by placing 2 cones about 3 feet apart. The first player must serve the ball out toward the field team, run around the far cone, and get back between the goal area. They must do this before the fielders catch the ball, line up one behind each other with feet apart, and roll the ball between all the team's players to get to the last player. All players must serve before taking the field. One point is scored for each run scored. Play 2 innings. A player is out if they:</p> <ul style="list-style-type: none"> - do not get home in time; - serve too far to the right of left of fielders in 3 tries; - do not go around the far cone; - do not go between the goal area. 	<ul style="list-style-type: none"> • 1 Volleyball per game • 3 Cones per game 	<ul style="list-style-type: none"> • Teacher Observation 	2.5 A.1-4 A.8-9 B.1 E.1 2.6 C.1,6

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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate catching and throwing; • demonstrate teamwork; • play a game putting all the skills together and using teamwork; • enjoy the social aspect of play; • win or lose with good sportsmanship; • become more competent in ball handling skills, and therefore, have more self-confidence in playing games using these skills; • build self-confidence for general living; • answer a quiz on basic rules of Newcombe; • volley in a group using underhand and overhand skills; • serve a ball; • catch and throw over a net. 	<p>III. <u>GAMES</u> (continued)</p> <p>K. Newcombe Volleyball</p> <p>Divide the class into 2 teams - one on each side of the court. Set up each team in 3 lines of 4-5 players in each line. To start the game, one player throws from the back of the line over the net or to a team player. The ball may be passed from 1 to 3 times on one side of the court before passing over the net. The ball is kept in motion until there is a fumble. If the side serving fumbles the ball, "side-out" is called. Score is 15 points per game (team must win by 2 points). Only the serving side can score.</p> <p>Fouls are called when the following occurs:</p> <ul style="list-style-type: none"> - touching the net; - going over the middle line; - throwing out-of-bounds and not touched by another player. <p>If one team is serving and the other team fouls, one point is given to the serving team. If the serving team fouls, rotate. Line balls are good. Shut out - 8-0 game.</p>	<ul style="list-style-type: none"> • 1 Volleyball • Net • Whistle • Referee's Chair • Volleyball Court (lined or marked with 4 cones) 	<ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.1 E.1</p> <p>2.6 C.1,6</p>