

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS  
PHYSICAL EDUCATION CURRICULUM  
GRADES 5 & 6**

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"> <li>• attempt this overhand serve (most will only use underhand serve);</li> <li>• demonstrate eye-hand coordination;</li> <li>• demonstrate coordination;</li> <li>• use hand, arms and knees;</li> <li>• demonstrate follow through.</li> </ul> <ul style="list-style-type: none"> <li>• use their hands, arms, and knees;</li> <li>• mimic position and contact ball.</li> </ul>	<p>I. <u>SKILLS</u></p> <p>A. Striking Skills</p> <p>Review skills (1 - 3) from grades 1, 2, and Special Education and skill (4) from grades 3 &amp; 4 as appropriate.</p> <p>5. Overhand Serve</p> <p>Students will stand facing the net, with left foot slightly forward (for right handed players). They will toss the ball 2-3 feet above their head and about 1 foot in front of their right shoulder. They will bring their right arm back, wrist and forearm firm upon impact. They will use the heel of their hand and shift weight forward upon impact.</p> <p>6. Bump Pass</p> <p>This pass is used when the ball is low. Students will place the extended fingers of one hand in the other hand, palms upward and thumbs parallel. They will extend their arms out straight with elbows close together. Contact is made with the fleshy part of the forearm surface.</p>	<ul style="list-style-type: none"> <li>• Volleyball for every 2 students</li> <li>• Net</li> <li>• Wall</li> </ul> <ul style="list-style-type: none"> <li>• 1 Volleyball per student</li> <li>• Wall</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4 A.6-8</p> <p>2.5    A.1-4 A.6-8</p>

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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• contact the ball with a dig pass.</li>   <li>• move on the balls of their feet from side to side, forward and backward;</li> <li>• be aware of their own space;</li> <li>• use legs and knees;</li> <li>• demonstrate body awareness;</li> <li>• demonstrate agility.</li> </ul>	<p>I. <u>SKILLS</u> (continued)</p> <p>A. Striking Skills (continued)</p> <p>7. Dig Pass</p> <p>This pass is used when there is no time to use the Bump Pass. Students will make a fist, thumb off to the side. They will use the fleshy part of the palm, rotate upward. The ball will be played off the forearm or hand, with arm tensed.</p> <p>B. Footwork</p> <p>Review skills (1 - 4) from grades 1 - 4 and Special Education as appropriate.</p> <p>5. Grapevine Steps</p> <p>Students will step right, cross left foot in front, step right again, and cross left foot behind.</p> <p>C. Ready Position</p> <p>Review skill (1) from grades 3 &amp; 4 as appropriate.</p>	<ul style="list-style-type: none"> <li>• 1 Volleyball per student</li> <li>• Wall</li>   <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li>   <li>• Teacher Observation</li> </ul>	<p>2.5 A.1-4</p> <p>2.5 A.1-4 A.6-8</p>



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<u>VOLLEY-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate bump.</li>   <li>• set up on a court;</li> <li>• rotate on a court;</li> <li>• recognize referee's signals;</li> <li>• serve to different parts of the court;</li> <li>• assist a ball forward or backward;</li> <li>• save the ball from hitting the floor;</li> <li>• play a position;</li> <li>• play with safety;</li> <li>• practice all skills;</li> <li>• demonstrate endurance;</li> <li>• apply volleyball rules.</li> </ul>	<p>III. <u>GAMES</u> (continued)</p> <p>M. Fancy Feet</p> <p>This game is like "Wall Ball and O-U-T!", except no wall is used. Have 4 students line up single file facing another 4 students also lined up single file. They will set and bump to opposite player and run to the end of the line.</p> <p>N. Volleyball</p> <p>Divide class into 2 teams with 4-5 players on a line, 3 lines facing the net (adjust game to large number of students). Start the game. The server will stand in the right hand corner, off the end line inside the extension of the sideline. The server will have two tries unless the ball goes over the net, out-of-bounds, or hits the ceiling on the first try. If the ball hits the top of the net (Let Ball), there is no score and the server tries again (one time only). If volleying team makes a foul, the serving team scores. Both teams will use all striking skills, all footwork, and body position skills. The server stays as long as his/her team returns the ball. Must score 15 points to win - winner must be ahead by 2 points. A shut-out game is 8-0.</p>	<ul style="list-style-type: none"> <li>• 1 Volleyball per group</li>   <li>• 1 Volleyball</li> <li>• 1 Net</li> <li>• Boundary Lines or 4 Cones</li> <li>• Referee</li> <li>• Whistle</li> <li>• Score Sheet</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li>   <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           A.6-8</p> <p>2.5    A.1-4           A.6-8</p>

