

VOLLEYBALL DIRECTIONS

NASPE PETE Standard 2: *Skill-Based and Fitness Based Competence*

Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness as delineated in the NASPE K-12 Standards.

2.1 Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.

2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

NASPE K – 12 Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Performance Indicator:

Demonstrate competence in team net sports.

Directions for TC

- You will be asked to play a modified game of volleyball with at least 4 people on a side, for at least 20 minutes. Every player on the court will serve 4 consecutive times then alternate service.
- Change sides of court after 10 minutes.
- You will be assessed on your ability to use the forearm pass, overhead pass and serve from behind the service line, with good technique.
- All the rules of volleyball will be used, except that you will:
 - Alternate service with the other team, regardless of who scores.
 - Call out you number prior to serving the ball.
 - Play on a modified-size court that has been identified by boundary markings on the floor.