

## Disability Sports → Sit Volleyball

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**Grade levels:** 4-6

**Duration:** 20 minutes

**Equipment:** Trainer Volleyballs, Rubber Spots or Cones, Lowered Volleyball or Badminton Net, Beach Balls, Tape (optional for the floor), Regulation Volleyballs

### National PE Standards:

1, 4, 5

### Common Core Standards:

CCSS.ELA-LITERACY.SL.4.1.D

Review the key ideas expressed and explain their own ideas and understanding in light of the discussion.

CCSS.ELA-LITERACY.SL.5.1.C

Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

CCSS.ELA-LITERACY.SL.6.2

Interpret information presented in diverse media and formats and explain how it contributes to a topic, text, or issue under study.

### Objectives

1. Students will demonstrate competency in two important volleyball skills: setting and bumping.
2. Students will demonstrate competency in bumping and setting while standing with a partner and in a group setting.
3. Students will demonstrate competency in bumping and setting while sitting with a partner and in a group setting.
4. Students will demonstrate teamwork while working with partners or a group.
5. Students will demonstrate competency in understanding the fundamental rules and movements of sit-volleyball.

### Introduction

A brief introduction will be given about the sport of sit-volleyball. Teaching cues for the bump and set will be discussed. A variety of ball choices will be shown as well.

*Cues:*

**Bump:** Eye on the ball, hands together, arms straight, forearms up, swing through

**Set:** Eye on the ball, hands up, fingers out, look through the window, hit up

## Modifications

### Modifications For Lesser Ability:

1. Increase the ball size for students.
2. Table Target Passing
  - a. For some students in wheel chairs, there can be different levels of this modification game. Students can sit at a table and strike the volleyball at cones or other targets on the table. Students can work with teammates to strike the volleyball on the table and across the table to their partners.
3. Students can roll the volleyballs back and forth to partners if lifting and keeping the ball in the air is difficult.
4. Students can strike a ball set on top of a cone if sitting on the ground is not an option.
5. Students can have partners toss them the ball and they will strike the ball either bumping or setting the ball back to their high-functioning partner.

### Modifications For More Ability:

1. Decrease volleyball size to regulation volleyballs and set up a regulation sized sit volleyball court.
2. Start a sit volleyball game with 6 players on each team (regulation # of players).
3. Hold the players responsible for playing the game using the correct & regulation rules of the game.
4. Students volley the ball over the net not focusing on scoring but rather keeping the ball in bounds and off the ground.
5. Students can practice pushing their body up with their hands to block the ball from coming over the net.



## Activity 1: Passing the volleyball with a partner

**Time:** 5 minutes

**Objective:** Students demonstrate ability to practice bumping and setting the ball to a partner. Students attempt to pass the ball to their partner in 2 minutes as many times as they can. Students will demonstrate striking the volleyball while sitting and standing.

**Organization:**

6. Partner Passing (Standing):

- a. For the first activity students will get a partner and stand within 5 feet of each other. They will practice bumping and setting the ball to each other. They will each bump and set the ball at least 10 times within the time period.

7. Partner Passing (Sitting):

- a. Students will go back to their original partner and sit within 5 feet of each other. They will practice bumping and setting the ball to each other while keeping their bottom on the ground. Each pair will try and count how many times they can keep the ball in the air without it touching the ground.

*Teaching Cues:*

- Eye on the ball
- Bumping: hands together, arms straight, forearms up, swing through
- Setting: hands up, fingers out, look through the window, hit up

**Evaluation:** Students demonstrated their ability to bump and set a volleyball while standing and sitting with a partner. They will practice bumping and setting the ball to each other while keeping their bottom on the ground.



## Activity 2: Passing the volleyball in a group

**Time:** 5 minutes

**Objective:** Students demonstrate ability to practice bumping and setting the ball in a group setting. Students will demonstrate their ability to call out on whether or not

they “got the ball” in addition to counting how many times they can volley the ball and keep it from touching the ground. . Students will demonstrate striking the volleyball while sitting and standing.

### **Organization:**

1. Group Passing (standing):
  - a. For the next activity, students will get into groups of 6 and stand in a circle about 3 feet away from your neighbor. They will practice bumping and setting the ball to each other, while calling out if they got it or not.
  - b. After the group has practiced, each group will count how many hit they have while trying to keep the ball in the air and not touch the ground. If the ball touches the ground, the count must start over.
2. Group Passing (Sitting):
  - a. Students will go back to their groups of 6 as before and sit in a circle about 3 feet away from the person next to them. They will practice bumping and setting the ball to each other, while calling out if they got it or not.
  - b. After the group has practiced, each group will count how many hit they have while trying to keep the ball in the air and not touch the ground. If the ball touches the ground, the count must start over.

### *Teaching Cues:*

- Eye on the ball
- Bumping: hands together, arms straight, forearms up, swing through
- Setting: hands up, fingers out, look through the window, hit up

**Evaluation:** Students demonstrated their ability to bump and set a volleyball while standing and sitting in a group. They will practice bumping and setting the ball to each other while keeping their bottom on the ground.



### Activity 3: Small-Sided Sit Volleyball Game

**Time:** 10 minutes

**Objective:** Students will demonstrate their ability to play a small-sided sit-volleyball game by working with their team to bump and set the ball from one side of the net to the other side of the net.

**Organization:** Students are distributed into 2 to 4 teams; depending 2 teams per court. Students will play mini small-sided sit volleyball games while understanding the rules of the game:

- The bottom must remain in contact with the floor at all times (one cheek)
- While rallying the ball, each team is allowed a maximum of 3 touches of the ball, then must volley the ball to the other side.
- Both hands can be used to move the body, but the bottom must remain in contact with the floor before striking the ball.
- Team players rotate clockwise after a volley and successful grounding of the ball (scoring).
- Teams are allowed to decide how they want to position their players, just for the sake of practicing the game.

*Teaching Cues:*

- Eye on the ball
- Bumping: hands together, arms straight, forearms up, swing through
- Setting: hands up, fingers out, look through the window, hit up

**Evaluation:** Students will demonstrate their ability to play a small-sided sit-volleyball game by applying the previously learned skills.

