**VOLLEYBALL**

**Cognitive**

1.      I can understand the anaerobic benefits of playing volleyball.

2.      I can understand the three basic shots; bump, set and spike, along with

the proper order in hitting these shots.

3.      I can understand the proper form of the three basic serves in volleyball.

4.      I can understand the rally scoring system for games and tournaments.

5.      I can understand the correct rotation of player movement during a game.

**Psychomotor**

1.      I can execute a forearm pass in the proper form.

2.      I can execute the one of the three basic serves.

3.      I can rotate after serves.

4.      I can execute set pass in the proper form.

5. I can execute a floor spike in the proper form.

6. I can demonstrate volleyball ready position.

7. I can volley with a partner.

**Affective**

1. I can display good sportsmanship during play in victory or defeat.

2.  I can utilize the concept of teamwork during play.

3 I can demonstrate behavior that is consistent with “safe” guidelines

as outlined by the teacher.

4.  I can be sensitive to the differences in physical ability levels of

other students.