**Unit: Volleyball**

**Basic Skills**

1. Passing (bump)
2. Setting
3. Serving overhand
4. Rotation
5. Positive sportsmanship/ team communication

**Basic Game Information:**

* 6 team mates on court at one time
* Rally scoring: a point is awarded each time the ball is served
* Serving team rotates clockwise
* A server may not step on the line when serving
* The ball may be contacted 3 times before returning over the net
* A ball that lands on the sideline or endline is considered in
* A ball may hit the net and still be played
* A player may not make contact with the net
* If the ball hits the ceiling and comes down on the same side then the team can continue playing as long as they have hits left.
* A player cannot hit the ball 2 times in a row.
* RB:Right Back CB: Center Back LB: Left Back LF: Left Front CF: Center Front RF: Right Front

**Court**

* Official high school volleyball court is: 60’ long X 30’ wide
* See NFHS additional sheet for court diagram

**Assessment could be any combination of the following:**

1. Written test
2. Visual observation of student game play (assessing student understanding of rules)
3. Basic skills test

**Resources:**

* CA State PE Standards <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>
* History of Volleyball <http://volleyball.org/history.html>
* National Federation of State High School Association <http://www.nfhs.org/default.aspx>