



Republic of the Philippines
Department of Education
Region III
Schools Division of Zambales
ZAMBALES NATIONAL HIGH SCHOOL
Zone 6, Iba, Zambales



A Detailed Lesson Plan

I. CONTENT STANDARD

- Demonstrate understanding of lifestyle and weight management to promote social fitness.

II. PERFORMANCE STANDARD

- Maintain an active lifestyle to influence the physical activity participation of the community and the society.
- Practices healthy eating habits that support an active lifestyle.

III. LESSON OBJECTIVES

- **At the end of this lesson, the student will be able to:**
 1. Discuss the basic skills of volleyball: passing skill.
 2. Execute proficiently the passing skills in volleyball.
 3. Appreciate the game volleyball, proper etiquette, and exhibit enjoyment in playing volleyball

IV. SUBJECT MATTER

Topic: VOLLEYBALL

Sub Topic – Basic skills in Volleyball (Passing Skill)


Materials: Laptop, Projector, Visual Aids

References: <https://www.improveyourvolley.com/basic-skills-of-volleyball.html>
<https://www.britannica.com/sports/volleyball>
Physical education and health learner's materials, Sunico R.,
pp. 132-134.



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Teacher's Activity	Student' Activity
<p>DAILY ROUTINE</p> <ul style="list-style-type: none"> Greetings Good Morning Class! Prayer Jeramie, please lead the prayer. <p>You may take your seats.</p> <ul style="list-style-type: none"> .Checking the attendance Class secretary please put this stamps on our attendance chart if there is absent for today. <p>I'm glad that there is no one absent for today. So give yourselves a Aling Dionisia clap. This is how you do it (clap three times, stamp three times, very good! very good!)</p> <p>Warm up: Exercise In order for us to be energetic and active in class, we will first do our warm up exercise. So please all stand up and follow me.</p> <p>(The teacher will demonstrate karate movements as a warm-up exercise and the students will follow the movements of the teacher, with music.)</p> <p>Okay, Very good you may now take your seats.</p> <p>So that you are all energized let's recall our last lesson</p> <p>Review of Previous Lesson</p>  <p>So, last time we discussed the history of volleyball and equipments we use in playing volleyball, Right?</p>	<p>Good Morning Sir!</p> <p>Let's feel the presence of our Lord, Dear God.....</p> <p>Sir there is no one absent for today.</p> <p>Clap three times, stamp three times, Very good! Very good!</p> <p>The students will stand up and follow the teacher.</p> <p>Yes Sir!</p>



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<p>Who is the inventor of volleyball? Yes Ruzzel!</p> <p>That's Correct, Very Good Ruzzel! Can you poke the picture of William G. Morgan here with this ball?</p> <p>When was the volleyball invented? Yes Jaylord? Yes! You are right Jaylord! Can you put 1895 in this ball?</p> <p>What about the equipment use for the game volleyball? Yes Christine? That is right, Very good! Can you put these equipments with this ball?</p> <p>Very Good class! I'm glad that you still remember and understand our lesson last time.</p> <p>Motivation: So before we proceed to our next lesson, let's have a game. This game is called MONKEY IN THE MIDDLE.</p> <p>Are you familiar with this game? Very good, so I have here some rolled up papers to give you and some of these papers have pictures on it and when you get a paper with a picture on it, come in front</p>  <p>Here is the mechanics of the game. Whoever gets the picture of a monkey will stand in the middle to be the bet or the "taya" and tries to catch the ball. The other players who got the picture of banana will try to pass the ball. You only have 3 minutes to play the game. If the "taya" wins he will get a reward. If he doesn't the</p>	<p>Sir, William G. Morgan</p> <p>(Ruzzel poke the picture of William G. Morgan to the ball)</p> <p>Sir volleyball was invented in 1895.</p> <p>(Jaylord put 1895 to the ball)</p> <p>Sir, We use volleyball balls and net</p> <p>(Christine put the equipments to the ball)</p> <p>The students who get those pictures will go to the front.</p>
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other players will get the reward. So, the banana will form a circle and the monkey is in the middle.

Are you ready?
The game starts now.

The game ends.

So the “taya” loses and the reward will be given to the other players. Thank you, you may now take your seats.

What have you observed? What strategy that we use in order for the taya not to catch the ball?

Yes Brian?

That is correct! Very good Brian!

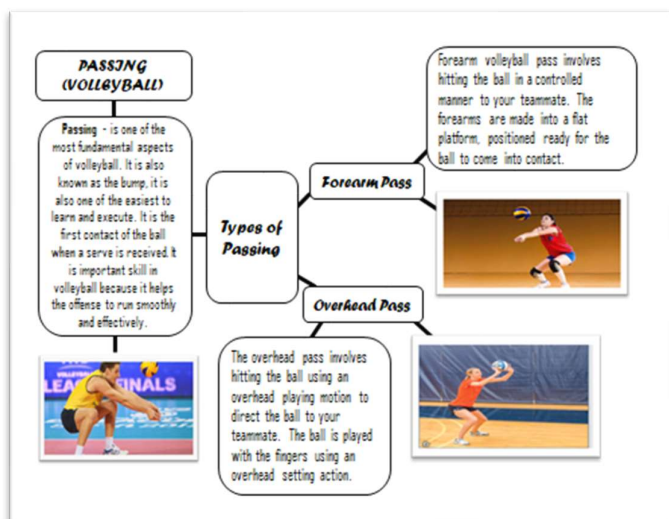
So class, based on our activity do you have any idea what was our lesson for today?

Any idea?

Very good!

So our lesson for today is all about passing in volleyball. Are you ready to listen?

Lesson Proper



Basically, we have six basic skills in volleyball. So do

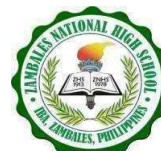
Sir I observed that we pass the ball so that the taya doesn't caught the ball.

Sir our lesson for today is all about passing

Yes Sir!



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you have any idea of those skills?

Anyone from the class?

Very Good! So the basic skills in volleyball are digging, blocking, spiking, setting, serving and passing.



Digging - is first contact with the ball that comes from the opponent's attack

Blocking – It is a first opportunity of a team to play defense.

Spiking – It is the technique commonly used for the third contact in a rally that sends the ball over the net with power.

Setting - The set is usually the second contact in a rally and the person who sets the ball the most is called the setter.

Serving - The volleyball serve is the first opportunity for a player to score a point.

The last is passing, so based on the game we played earlier, what do you think is passing?

- Digging
- Blocking
- Spiking
- Setting
- Serving
- Passing



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Yes Kim?

That's correct, Very good Kim!

What is passing in volleyball?



Passing is also known as the bump. It is one of the skills in volleyball that is easiest to learn and execute. It is the first contact to the ball when a serve is received it also helps the offense to run smoothly and effectively. So in short having a good passing in volleyball is equal to better offense.

There are two types of passing in volleyball. The forearm pass and the overhead pass.

Forearm Pass



Sir passing is usually done to direct the ball to your teammate.

Passing - is one of the most fundamental aspects of volleyball. It is also known as the bump, it is also one of the easiest to learn and execute. It is the first contact of the ball when a serve is received. It is important skill in volleyball because it helps the offense to run smoothly and effectively.

Forearm volleyball pass involves hitting the ball in a controlled manner to your teammate. The forearms are made into a flat platform, positioned ready for the ball to come into contact.



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Forearm pass is a type of the volleyball pass that is



hitting the ball below the waist. So This is how we execute the forearm pass

(The teacher will demonstrate the forearm pass)

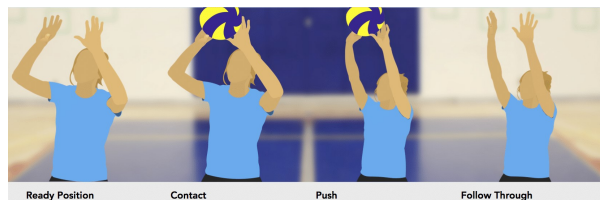
So let us all stand up and lets do the forearm pass

Very good class! You may now take your seats

Overhead Pass



The forearm pass is the type of the volleyball pass that hits the ball above the level of your head. This type of pass also is usually done with the fingers and not with the palms. So this is how we execute the overhead pass.



(The teacher will demonstrate the overhead pass)

So let us all stand up and lets do the overhead pass

Very good class! You may now take your seats.

So, do you have any questions about our lesson?

The students will participate

The overhead pass involves hitting the ball using an overhead playing motion to direct the ball to your teammate. The ball is played with the fingers using an overhead setting action.

The students will participate.



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<p>Are you sure? Any clarifications?</p> <p>Generalization</p> <p>What is passing in volleyball?</p> <p>What are two types of passing?</p> <p>Valuing</p> <p>What type of passing do you think is easiest to learn? Why?</p> <p>How will you apply passing in our daily life? Is it like your friends feelings that is being passed on?</p> <p>Evaluation</p> <p>This time I will check if you learned from our lesson. This performance will be graded based on our rubrics</p> <p>I will group you into two groups so this will be the group 1, and this will be the group 2.</p> <p>The group 1 will first perform the forearm pass and the group 2 will assist the first group. After the group 1 performs, the group 2 will perform next. Same with the overhead pass, the group 1 will perform first and second group will assist the first group and vice versa.</p>	<p>None Sir!</p> <p>None sir!</p> <p>It is the first contact to the ball when a serve is received.</p> <p>The two types of passing are the forearm pass and the overhead pass.</p> <p>Forearm pass Sir, because it is fundamental skill in volleyball.</p> <p>We can apply it in our daily life by passing knowledge that we learned from our past.</p> <p>(The students executes the forearm pass and the overhead pass)</p>
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RUBRICS

	<u>MASTERED</u> (4)	<u>ACQUIRING</u> (3)	<u>DEVELOPING</u> (2)	<u>EMERGING</u> (1)
Bump (Students bump the ball from line 1 to line 2)	Performs the skill with high degree of competence	Performs the skills with considerable competence	Performs the skills with moderate competence.	Struggles to perform the skill with limited competence.
Toss (Students toss the ball from line 1 to line 2)	Performs the skill with high degree of competence	Performs the skills with considerable competence	Performs the skills with moderate competence.	Struggles to perform the skill with limited competence.
Forearm pass (Students pass the ball from line 1 to line 2)	Performs the skill with high degree of competence	Performs the skills with considerable competence	Performs the skills with moderate competence.	Struggles to perform the skill with limited competence.
Overhead pass (Students pass the ball from line 1 to line 2)	Performs the skill with high degree of competence	Performs the skills with considerable competence	Performs the skills with moderate competence.	Struggles to perform the skill with limited competence.

Assignment

What is serving in volleyball and its two types? Find the differences of the two types of serving. We will discuss it tomorrow.

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