

**CLASS -VII**

<b>CLASSES REQUIRED</b>	5
<b>TOPIC</b>	Under arm pass in volleyball
<b>CONCEPT &amp; SKILLS</b>	How to perform underarm pass in volleyball.
<b>LEARNING OUTCOMES</b>	Students will perform underarm pass with accuracy. Students will organise the game of volleyball. Students will learn the rules of the game.
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	Volleyball , wall , Net
<b>PEDAGOGY</b>	Explanation of the skill using an aid. Demonstration of the skill. Following of steps during performing the skill. Students will perform the skill without net.
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	Students will hit the ball with both arms against the wall. Students will perform the same activity at different distances. Students will pass the ball to the opponents court.
<b>ASSESSMENT</b>	Foot positioning, holding the ball , arm position arm swing follow throw.
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	Students have to perform underarm pass perfectly without errors. Students recognise the game and its rules.