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Girl Scouts®
Where Girls Grow StrongSM

Fit&Fun for Girls "Volleying"

for girls Ages 8-11



Fit&Fun for girls 8-11: Volleying

Fit & Fun is a national recreational sports and fitness project aimed at providing girls 8-11, with the skills necessary to maximize their success in sports. By utilizing a variety of activities that focus on fair play, cooperation and skill progression, girls will be encouraged to participate in sports and to incorporate health and fitness activities into their lives.

Goals of Fit&Fun

- To enable girls to practice and become successful at a variety of sports and fitness skills in a fun, and supportive atmosphere.
- To help improve cardiovascular (heart and lungs) capacity through activities such as jump rope, tag, relay races, etc.
- To teach girls the importance of warm-ups, cool-downs and stretching.
- To reinforce the values of fair play and teamwork.
- To introduce the lifelong benefits of an overall fitness regime.

The Ten Skills that are covered are:

- Jumping Rope
- Fitness Fun
- Throwing and Catching
- Kicking
- Volleying
- Striking with a Racquet
- Striking with a Stick
- Batting
- Dribbling and Passing
- Cooperative Games

Each plan in Fit&Fun provides the instructor with 45-minute sessions focusing on a specific skill. The skills are taught in progression so the sessions should be used in order. The instructor needs a copy of Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. By completing 5 sessions of Fit&Fun activities the girls will earn the Fit & Fun patch and the Junior Girl Scout badge Sports Sampler

Fit&Fun activities can be used as part of troop meetings or other activity sessions. If this is the case it will take about 15 or 20 minutes to complete the Warm-up, Cool-down, Stretching and one to two activities.

Volleying

Session 1: Volleying Basics: A 45-minute session where the girls learn the basic volleying techniques for overhand and forearm volleys. They will also be introduced to the Sports Sampler badge.

Session 2: Safety First and Slo-Mo Volley: A 45-minute session where the girls practice their forearm and overhand volleying. They will also learn basic first aid for cuts and scrapes, nosebleeds, blisters, ankle sprains and muscle strains.

Session 3: The Volley Juggle: A 45-minute session where the girls practice forearm and

overhead passing. They are also looking at the sports coverage in their local newspaper.

Session 4: Junior Volleyball: A 45-minute session where the girls learn and play Junior Volleyball.

Session 5: Junior Volleyball: A 45-minute session where the girls put the skills they have learned to use in a game of Junior Volleyball. The girls complete the requirements for the Sports Sampler badge and have a ceremony where they are presented with their Fit&Fun patch and Sports Sampler badge.

This program provides support and reinforcement for the following Commonwealth of Virginia Standards of Learning.

Physical Education Standards of Learning

- 4.1 The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities.
 - a) Demonstrate proficiency in specialized locomotor, non-locomotor, and manipulative skill combinations in game and modified sports activities.
- 4.2 The student will understand and apply movement concepts and principles in complex motor skills.
 - a) Recall and demonstrate movement principles and concepts for selected motor patterns and combinations of skills.
 - b) Apply movement principles and concepts to basic game strategies.
- 4.4 The student will demonstrate positive interactions with others in cooperative and competitive physical activities.
 - a) Work productively and respectfully with others in achieving a common group goal.
- 4.5 The student will identify opportunities to participate in regular physical activity at home, at school, and in the community.
- 5.2 The student will understand and apply movement principles and concepts in complex movement activities.
 - b) Apply principles of accuracy, force, and follow-through when projecting objects.
- 5.6 The student will identify and participate regularly in physical activities based on personal abilities and interests.
- 6.4 The student will work independently and with others in physical activity settings.
 - c) Follow rules and safety procedures.
 - d) Use practice time to improve performance.
- 6.5 The student will identify and seek opportunities in the school, at home, and in the community for regular participation in physical activity.

Health Education Standards of Learning

- 6.4 The student will analyze the consequences of personal choices on health and well-being. Key concepts/skills include.
 - e) Strategies for preventing and responding to injuries.



Fit&Fun For Girls 8-11 Volleying

Getting Started:

To lead the following Fit&Fun sessions the adult leader will need a copy of the Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. The leader will also need the Junior Girl Scout Badgebook. By the end of these sessions the girls will have completed the Sports Sampler badge. Sessions are planned referencing the activity cards by number. Each session is designed to last approximately 45 minutes including Warm-ups, Cool-downs and Stretches. Sessions can be adapted to the skill and progress of the group.

At the beginning of the Fit&Fun program the Information for Parents sheet on page 18 of the Adult Guide should be copied and sent home to parents. Parents will need to complete a Girl/Adult Health History (#2072) for their daughters. Girls will need to bring this completed signed form to the first session.

The Fit&Fun Take-Home Activity Chart on page 17 of the Adult Guide should be copied for each girl. She can take this home and keep a record of her Fit&Fun practice.

By participating in all the sessions and activities the girls will earn the Fit&Fun patch and the Junior Badge Sports Sampler. These patches and badges will need to be ordered for each girl before the last session. Allow 4 weeks for delivery. Awards are ordered from the Skyline Shop in Roanoke or Charlottesville.

Girls need to wear appropriate clothing and shoes for the activities that will be done. This information needs to be communicated to the girls before the first session.

Before beginning a session:

1. Review the activity cards for the session including a Warm-Up/Cool-down card.
2. Allow 20 to 30 minutes for activities the rest of the time will be spent in Warm-ups, Cool-downs and Stretches.
3. Review the activities and prepare the equipment and play area ahead of time.
4. Involve girls in the decision-making process whenever possible.

Materials Needed:

Girl/Adult Health History #2072 for each girl

Whistles for the leaders/coaches

Fit&Fun for Junior Girl Scouts: Adult Guide and Activity Cards

Junior Girl Scout Badgebook.

Information for Parents Sheet – one per girl.

Fit & Fun Take Home Activity Chart – one per girl.



Continued

5. Complete cards in order within a skill set.
6. Adapt or modify activities when needed.
7. Encourage girls to focus on the own efforts and progress instead of on the abilities of others.
8. Give lots of encouragement and praise.

Session 1: Volleying Basics

Getting Started:

Review page 60-61 in the Fit&Fun book. You need to be able to give the girls the instructions for each skill and the short cues. For the experienced girls you will move through these skills quickly. It is important that each girl understand the movements that are part of overhead passing and forearm passing.

Check the girls clothing and shoes for appropriateness to the activity.

Warm-up: Skill Set 5, Card 3, Sports Play. Warm-up with this activity as directed on page 62.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf.

- Teach the girls how to stretch using the instructions for each stretch on stretch card iv and v. By the end of the sessions the girls should be able to tell you how they use the muscles they are stretching when volleying. The girls should also be able to lead the stretches at each session. To complete requirement # 1 for the Sports Sampler Junior Badge the girls will need to make up their own warm-up and stretch routine. What they learn in the first two sessions will be the basis for their creations.

Activity:

1. Teach the girls the techniques for overhead passing. Use the instructions on page 60.
2. Remind the girls of the safety rules for your site. Boundaries need to be defined. Girls should all be volleying in the same direction and should be careful not to hit the ball at someone.
3. You may want to have the girls practice in pairs. One to volley and one to retrieve.
4. Practice the different techniques until the girls feel comfortable with the skills.
5. Move through these skills more quickly for more experienced girls.

Materials Needed:

Beach ball for each girl.

Large play space, if indoors a place with a high ceiling.

Beach ball for every 4 girls. A volleyball for each 4 girls.



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Number Volley; Skill Set 5, Card 4, page 63.

1. Follow the directions on page 63 for this activity. Divide the girls into 4 teams.
2. Encourage the girls to practice to see which team can keep the ball in the air the longest.
3. If volleying gets sloppy, slow the drill down and focus on accuracy.
4. When the girls are ready, substitute a volleyball for the beach ball.

Cool-down: Slowly jog or walk around play area.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. Talk the girls through the stretches. They will take over leading the stretches at the next sessions.

Record the group practice time on the group chart.

Requirement #2 of the Sports Sampler badge requires at home practice of the skills that you are learning. The girls must spend at least 1 hour a week for three weeks.

Before the girls leave have them sit down and set some improvement goals for their volleying. Have them write their goals on the bottom of the Fit&Fun take-home activity chart. Ask the girls to bring their charts to each session.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm-up, cool-down and stretch.

Requirement # 8 of the Sports Sampler badge asks the girls to pick a sport that they would like to know more about and trace the role of women in the sports history. Give the girls the HerStory of sports worksheet attached to this outline. Tell the girls they can work on this at home during the 5 sessions of this project. You will ask them to bring in their worksheets at the 4th session.

Session 2: Safety First and Slo-mo Volley

Getting Started:

In this session you will be working on forearm and overhead volleying.

Group Practice Chart and marker.

Fit&Fun Take-Home Activity Charts for each girl.

HerStory of Sports Worksheet



Materials Needed:

First Aid Kit

Junior Girl Scout Handbook

Continued

Requirement # 5 of the Sports Sampler badge requires the girls learn how to treat two basic injuries that might happen when they are learning or practicing a new sport.

You will need the group first aid kit and the information in the Junior Girl Scout Handbook on pages 80-85. The girls need to learn and practice the first aid for skinned knees, nosebleeds, blisters, ankle sprains, and muscle strains. They also need to learn how to prevent these injuries.

Before the session write each one of the injuries on a 3 x 5 card. These will be used to challenge the girls after they have learned the treatment for the injuries.

Review the activities on Skill Set 5 Card 5. Gather the materials needed.

Activities:

Warm-up: Skill Set 5, Card 3, Sports Play. Warm-up with this activity as directed on page 62.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. Ask the girls to lead the stretches. You will need to remind them of how to do the stretches and what muscles they are stretching.

Activities:

1. Slo-mo Volley, Skill Set 5, Card 5, page 64. Divide the girls into two teams—one team on each side of the net.
2. Play slo-mo volley as directed on Card 5. See how quickly a team can reach 21 points.
3. Try the variations suggested.
4. If you see the girls are having difficulty with the volleying skills, stop and review the basic techniques for overhead passing and forearm passing.

Cool-down: slowly jog or walk around the play area.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. Let the girls lead the stretches.

Safety First

1. Divide the girls into pairs. Give each pair a large sheet of paper or poster board. Give the pair a copy

3x5 cards

Markers

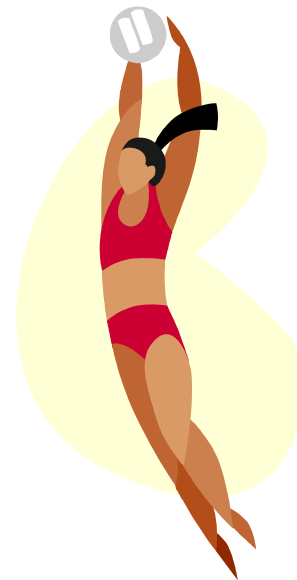
Poster board or large pieces of paper.

Volleyball or badminton net or rope strung 8 feet high between tow poles

Large beach ball or beeper ball of equivalent size and weight

Stopwatch, clock or watch

Copies of pages 82, 84, 85 of the Junior Girl Scout Handbook.



Continued

of the information on how to treat the 5 different injuries the girls need to know for the Sports Sampler badge.

2. Ask each group to make a poster showing the treatment for one of the injuries.
3. When the girls are finished their posters ask them to share the information with the other girls. Put the posters on the wall.
4. Issue the First aid challenge. Have each group choose one of the 3x5 cards you have prepared. The challenge is to tell the group how to give first aid for the injury on their card.
5. If you run out of time continue the challenges at the next session. Bring the posters to that session to review the first aid.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm-up, cool-down and stretch.

For the next session you will need one week's issues of the daily sports section. You can collect these and /or ask the girls to bring the newspapers to the next session.

Session 3: The Volley Juggle

Getting Started:

At the beginning of this session the girls will look through the sports section of the local papers. This is to earn requirement # 6 of the Junior Girl Scout Sports Sampler badge. The girls are to compare articles about sports with male and female players. These can be high school, professional, college or recreational team. See if the sports are covered equally. If not write to the editor and ask that they cover men and women's sports equally, if they are covered equally then write and tell the editor how good that is.

For this session the girls will be practicing forearm and overhead passing.

Review the directions for Skill Set 5 Card 6, page 65.

Practice Chart and marker.

Materials Needed:

One week of the sports sections from the local newspaper.

Paper and pencils for the girls.

Beach ball or foam ball for every 2 girls.

Volleyball or badminton net, or rope strung 8 feet high between two poles.

Continued

Activities:

1. Ask the girls to look at the sports sections of the papers. Talk to them about how they can figure out if the coverage is equal for men's and women's sports. Once the girls determine how they will record the information ask them to do so.
2. Have the girls report on their findings.
3. Write a letter to the editor from the group.

Warm-up: Skill Set 5, Card 3, Sports Play. Warm-up with this activity as directed on page 62.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. The girls should lead the stretches.

Activities:

1. The Volley Juggle, Skill Set 5, Card 6, page 65. Divide the girls into two teams, one on either side of the net.
2. Play the game by the directions on Card 6.
3. Play this game several times using the variations suggested.
4. If the girls are having difficulty with the skills do a quick review of the forearm and overhead volley techniques.
5. If there is time play the slo-mo volley game on Card 5.

Cool-down: slowly jog or walk around the play area.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. Have the girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm-up, cool-down and stretch.

If the girls did not finish the first aid activity from the previous session continue the challenges here. Review the treatment for the injuries and then have the girls choose a 3x5 card challenge.



Practice Chart and Marker

First aid posters and the 3x5 cards with the different injuries.

Junior Girl Scout Handbook.

Continued

Session 4: Junior Volleyball

Getting Started:

Review Junior Volleyball, Skill Set 5 Card 7, Page 66. Review the directions and learn the rules. Figure out how many teams you will have playing. It is recommended to have teams of 5 to 7 girls. Smaller teams provide more opportunity for practice.

Before starting Junior Volleyball have the girls make up cheers to encourage their friends as they play Junior Volleyball. The Sports Sampler badge requirement #7 asks the girls to write a cheer with at least two verses.

Activities:

1. Ask any of the girls that know sports cheers to share them with the group.
2. Divide the girls into small groups with the instructions that the group is to make up a volleyball cheer of 2 verses or more. Each group will have a chance to teach their cheer to the rest of the group. Have each group write down the words to their cheer.
3. Share cheers.

Junior Volleyball, Skill Set 5, Card 7, page 66.

1. Divide the girls into teams.
2. Explain the rules for Junior Volleyball.
3. Warm-up: Skill Set 5, Card 3, Sports Play. Warm-up with this activity as directed on page 62.
4. Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf.
5. Have the girls play for the rest of the time.
6. If there are girls waiting a turn have them cheer using the cheers that they created.

Cool-down: slowly jog or walk around the play area.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf. Have girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm-up, cool-down and stretch.

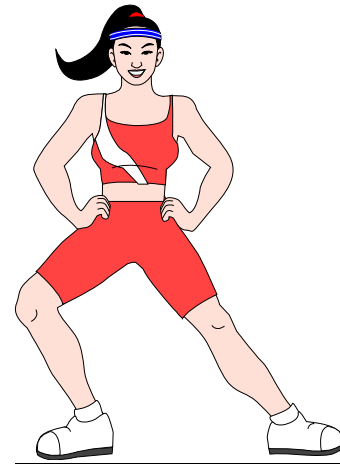
Materials Needed:

Tape or chalk to indicate boundary lines.

Beach ball or foam ball or lightweight volleyball.

Volleyball or badminton net or rope stung 8 feet high between two poles.

Paper and pencils for the girls.



Group Practice Chart and marker.

Continued

Session 5: Junior Volleyball

Getting Started:

For this Session you will need the equipment for Junior Volleyball.

Since this is the last session you may want to make simple Junior Volleyball ribbons or buttons so that everyone can have one.

At the end of this session you will present the girls with the Fit&Fun patch. This can be stapled to a length of ribbon that can be put around each girl's neck (like Olympic medals) at the end of the Play Day. They will also receive the Sports Sampler Junior Girl Scout badge.

Warm-up: Get Into Gear, Skill Set 4, Card 3, Page 53. Have the girls lead the group and call out the gears.

Stretch: Stretch Card iv: Stretches: thigh, back of thigh and calf.

Activities:

Junior Volleyball game

Cool-down: slowly jog or walk around the play area.

Stretch: Stretch Card iv and v: Stretches: upper back, chest, upper arm, shoulder, thigh, back of thigh and calf.

Record the group practice time on the group chart.

Present each girl with her Fit&Fun patch for participating in these volleyball sessions and the Sports Sampler badge for completing 6 requirements from the badge.

Materials Needed:

Tape or chalk (to mark center line and boundaries.)

Beach ball or foam ball or light weight volleyball

Volleyball or badminton net or rope, strung 8 feet high between two poles.

Fit&Fun patches for each girl.

Sports Sampler badges



Practice Chart and Marker.

information for parents and guardians

What is Fit & Fun?

Fit & Fun is an exciting sports and fitness project for girls ages 8 to 11. Its primary goals are to boost interest and participation in sports and encourage girls to develop beneficial lifelong health and fitness habits.

Why should girls develop basic sports and fitness skills?

The President's Council on Physical Fitness and Sports study found that by exercising and taking part in sports, girls can:

- enhance their physical and mental health;
- build greater bone mass, reducing the risk of osteoporosis as adults;
- maintain proper weight;
- improve their school performance;
- improve their self-esteem and self-image;
- reduce the risk for obesity;
- enhance their physical and mental health;
- have more positive feelings about their bodies;
- reduce anxiety and depression;
- improve grades and performance on standardized tests;
- increase the likelihood of attending college (in comparison to non-athletic counterparts).

Information provided by: *Physical Activity and Health: A Report of the Surgeon General (1996)* and *Physical Activity and Sport in the Lives of Girls (1997)*, The President's Council on Physical Fitness and Sports.

What can you do at home?

Follow these tips to help your daughter succeed:

- 1) Be sure she uses equipment suitable for her age, ability, and size.
- 2) Show interest in her sports and fitness activities and encourage her to practice on her own, with siblings or friends, and with you.
- 3) Volunteer to help with the Fit & Fun activities at her troop/group meetings.
- 4) Encourage your daughter to participate in sports and fitness activities in your community but avoid pushing her into organized, competitive sports until she is ready.
- 5) Do Fit & Fun activities with your daughter or other activities together such as hopscotch, tag, and hide and go seek. Play catch, shoot hoops, or bowl. Make up your own games—the important thing is to get moving and have fun!

HerStory of Sport

My sport:



When did people start playing this sport?

When did women start playing it?



Were the rules changed for women?

How did it become popular among girls and women?

Do many girls and women play this sport today?



Do famous women athletes compete in this sport?

What women athletes have competed in this sport?

What women athletes compete in it today?



PROGRAM LIFESAVERS EVALUATION

(Must be completed by adult responsible for implementing the Program Lifesaver.)

Name: _____

Day phone: (____) _____ Evening phone: (____) _____

Email address: _____

Name of group: _____ Troop/Group number: _____ Service unit: _____

Dates used: ___/___/___ to ___/___/___ Place used: _____

Name of Program Lifesaver used: _____

Number of participants by program level:

_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Adult

Was this Program Lifesaver easy to use? _____ Yes _____ No Explain:

Was it appropriate for your group's age level? _____ Yes _____ No Explain:

Did the activity sessions take the amount of time indicated? _____ Yes _____ No Explain:

Would you recommend this Program Lifesaver to others? _____ Yes _____ No Explain:

What activities did the girls like best?

Girl comments about the program:

Adult comments about the program:

Please complete & return this form to:

Girl Scouts of Virginia Skyline Council, 3663 Peters Creek Road, NW, Roanoke, VA 24019