



UNITED STATES
FISTBALL
ASSOCIATION
USFISTBALL.COM

Recreational Fistball Curriculum

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INTRODUCTION

Objective

Make grade 4-12 students aware of, & become skilled in, Fistball at the recreational level. This, in turn, will hopefully motivate them to participate in Fistball at a club or team level &/or use Fistball as a sport they can participate throughout their lifetime.

Background

Fistball is a team sport where two teams of five players compete against each other on two half-fields, separated by a centerline & a net (or rope) stretched between two posts. Each play starts with a serve. Players are to hit a ball across & over the net (or rope) using only a closed fist &/or arm (unlike volleyball where open hands are allowed) so opponents cannot return it.

After clearing the net (rope), the ball may be touched up to three times by any three of the five players on the court (with no consecutive hits by an individual player). The ball can bounce before each touch (unlike volleyball where no bounce is allowed). The three hits are used to save, set & return the ball back into the opponent's half, in that order.

Points are awarded to a team if the opponents are unable to return the ball in the field of play within three valid touches. After the initial serve, the team winning the point concedes the serve to the other team. A match is played in the best of five sets format, where the team winning three sets wins the match. Each set is played to 11 points with the winner leading by 2-points. If not, the match continues until one of the teams has a 2-point lead, or reaches 15 points, whichever comes first.

History

No one knows exactly when the game of Fistball (originally known as "Faustball") was "invented". What is certain is the roots lie in the southern part of Europe, in/around Italy. The earliest known written mention of the game is by Roman Emperor Gordian III, in 240 AD. Antonius Scaino first recorded rules in 1555. At that time, Fistball was not played as a competitive sport. Rather, it was a fun pastime for nobles & **gentry** (Literacy/definition/CORE word). This was concluded when in 1786, in his diary "An Italian Journey," Johann Wolfgang Goethe mentions Fistball as a game between 'four noblemen from Verona & four Venetians'.

Fistball was introduced to Germany in 1870 by Georg Weber & was first presented in 1885 at the German Gymnastics Festival in Dresden. In 1894, Georg Weber, along with Dr. Heinrich Schnell, drafted the first German rules for Fistball that included the sport's first competitive elements. During this time, Fistball spread to the surrounding neighboring, German-speaking countries. German immigrants also spread the sport to all continents. The first German men's Fistball championships were held at the 1913 German Gymnastics Festival in Leipzig. In 1921, the first German women's Fistball championship was held. Fistball began to grow & by 1927, almost 12,000 teams played organized Fistball in Germany.

The International Association (IFA) was founded in 1960 & is the organization for all national & federated Fistball organizations worldwide. The first IFA Fistball World Championships for men were held in Linz, Austria in 1968. The first IFA Fistball World Championships for women were held in Buenos Aires, Argentina in 1994. Tournaments are currently held **quadrennially** (Literacy/definition/CORE word) for men and biannually for women.

Today, Fistball teams compete in NY, NJ, PA & Wisconsin, where the game is played indoors &/or outdoors & recreationally or competitively. In 1999, the United States Fistball Association (USFA) sent its first Men's National Fistball team to compete in the World Fistball Championships followed by a Woman's National Fistball team in 2014. In 2016 & 2017, the USFA sent u18 (under 18-year-old) Boys & Girls teams to compete in Germany & Switzerland.

In the summer of 2018, the USA held the u18 Fistball World Championships in Roxbury N.J. with eight countries participating. In 2021, Birmingham Alabama will host the World Games with Fistball being one of the games highlighted. Hopefully, in 2028, Fistball will be an **Olympic demonstration sport** (Definition/Extra credit topic) in Los Angeles. Now is a great time to get involved with Fistball & become a potential Fistball Olympian!

Benefits

- A. Fistball builds upper & lower body muscles; is great for developing cardiovascular endurance; improves hand-eye coordination; affords the opportunity to communicate with others & work as a team.
- B. Fistball is a lot like volleyball. Therefore, the transfer of skills is easier, making Fistball faster to learn than other new sports.
- C. A regulation volleyball court & equipment (or slight variations in equipment like using a rope instead of a net) can be used for beginners. This allows teachers with a budget to introduce a new sport into the curriculum without the need for purchasing new equipment.

Unit Plan Components

This unit contains the skills to play recreational Fistball: serving (overhand, underhand), indirect, direct closed fist passing/setting & returning. The pick, dig, jump serve, block, spike, hook, specific positions, substitutions, & offensive/defensive strategies are NOT discussed, as these are competitive skills for intermediate/advanced players (although information on these skills are provided in the resource section).

This unit contains (in order of appearance in the unit plan):

- **SAFETY CONSIDERATIONS.** Detailed information keeping students safe while participating in the unit.
- **EQUIPMENT NEEDS.** An inventory for the entire program is listed. Daily equipment needs are given at the beginning of each lesson.
- **BASIC RULES.** Information on how to play Fistball recreationally as well competitively.
- **BLOCK PLAN.** A daily reference outlining the Fistball information/skills to be reviewed & taught during 10-lesson unit. The Block Plan also includes the National Physical Education Standard addressed; titles of the activities played & assessment given for each day.
- **TEN BEGINNER LEVEL LESSONS.** Each lesson is approximately 60 minutes in length & is designed for 30 beginner students in grades 4-12. However, activity/skill modifications/extensions are included making activities easier/difficult in order to accommodate all learners regardless of skill or ability level. NOTE: If *Block Scheduling* is not utilized; the lessons can be modified to accommodate a shorter class period or broken into two lessons.
- **ASSESSMENTS.** Fun, authentic teacher & student-directed evaluations assessing student learning & skill development using the NPE Standards are provided for every lesson.
- **REFERENCES & ADDITIONAL RESOURCES.** This unit includes all the references used to create the curriculum. Additional Resources including websites, social media (Facebook, Twitter, Instagram, etc.) videos (online videos), & where to purchase official equipment is found in this section.

National Physical Education Standards

All lessons include task cards, point cards, handouts, assessments (both authentic student & teacher evaluations evaluating student learning) & address the National Physical Education Standards (NPES), designed by the Society of Health and Physical Educators of America (SHAPE America). The NPES defines what a Kindergarten-Grade 12 Physical Education student should know & be able to do as result of a highly effective physical education program. States & local school districts across the country use the NPES to develop or revise existing standards, frameworks & curricula. Each standard starts with the same line & concludes with one of 5 NPE standards. That is: “**The physically literate individual...**”

- Standard 1: Demonstrates competency in a variety of motor skills & movement patterns.
- Standard 2: Applies knowledge of concepts, principles, strategies & tactics related to movement & performance.
- Standard 3: Demonstrates the knowledge & skills to achieve & maintain a health-enhancing level of physical activity & fitness.
- Standard 4: Exhibits responsible personal & social behavior that respects self & others.
- Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression &/or social interaction.

Interdisciplinary Education

All unit lessons are interdisciplinary in nature. That is, in addition to physical education they integrate another subject matter. The other subjects include:

- Science integration:
 - a. Lesson 6 devotes learning Fistball skills through physics by performing labs in class.
- Technology integration:
 - a. Perform Flip Classroom: Students watch videos on the school’s website BEFORE coming to class.
 - b. Watch videos of each skill being performed at stations reminding students how to perform skills.
 - c. Take online tests at home rather than in class testing student knowledge.
 - d. Students complete homework assignments at home using a Word Processor to answer assignment questions, use spreadsheets to create tables & charts, etc.
- Math integration: Math is integrated in several fun & interesting ways.
 - a. Award/keep points during games/activities.
 - b. Award different point values for different skills (higher points awarded to difficult skills).
 - c. Perform physic calculations answering questions on Lesson 6’s handout.
- LBGTQIA+ Integration: This Fistball Curriculum was thoughtfully created with LBGTQ+ students in mind.
 - a. Specific lessons encourage/teach/assess respectful behavior.
 - b. Lesson plans & handouts are written without gender-specific pro-nouns so EVERYONE is included in the class & no one is left out/feels uncomfortable because only s/he pronouns are used (as in ALL other curriculums).

(CONTINUED)

- Literacy integration: Literacy (reading, writing, vocabulary, spelling, & comprehension) is integrated in every lesson in one or multiple ways:
 - a. Students must read to themselves or out loud in class:
 - Handouts (At the beginning of class when learning/reviewing a skill)
 - Testing assessment sheets (performed at the end of each class)
 - Task cards (When performing station activities, students must read from these to get directions)
 - b. In the documents listed above, a word that is **Bolded**, CAPITALIZED, underlined, highlighted in yellow, & italicized indicate a **LITERACY INTEGRATION/CORE** word. Students can look up, define, report on these words as set by the school.

SAFETY CONSIDERATIONS

Fistball is a fairly safe sport to play. Accidents are few, & common sense will prevent mishaps from occurring. Reinforcing safety rules ensures students have a fun & SAFE experience. Guidelines for playing safe include:

General Safety Precautions:

Teachers must make the class as safe as possible for all students.

1. Provide adequate supervision. Never leave a class unsupervised.
2. Post-class safety rules (listed below & provided in Lesson #1) where students can read/see/have access to them daily (e.g. locker room, gymnasium, bulletin boards, etc.).
3. Provide safe equipment. Inspect equipment routinely & teach students to inspect equipment daily before each use. Remove damaged equipment immediately.
4. Make sure students warm up wrists, ankles, & knees thoroughly to avoid injuries.

Class Preparation:

1. Make sure there is plenty of space (3 to 5 feet) between each student while warming up & practicing skills.

Class Safety Rules:

1. Roll the ball to other side when changing possession (NO kicking the ball to the other side of the court).
2. No hanging on the net (rope) or poles (standards) before, during, after the game/activity.
3. Students must wear proper clothes & shoes to play.
4. Always keep hands to self.
5. Pay attention to what is going on while on the court at all times.
6. Students must show good sportspersonship at all times.
7. **Use your own class rules as necessary.**

EQUIPMENT NEEDS

Equipment

The equipment needed for this Fistball unit teaching a class of 30 students includes:

- 16 Fistballs/Volleyballs
- 12 standards (poles)
- 3 nets
- 3 courts
- 1 pencil per student
- 1 polyspot per student
- 1 100' Tape measure
- 30 plastic hoops (hula-hoops)
- 40 domes
- 30 bowling pins (or similar targets)
- 1 roll of painter's tape
- 1 bag of large balloons
- 2 X 66' ropes
- 2 X 10' ropes
- 34 small Cones
- 1 Projector/screen/access to internet to watch Fistball skills/rules videos
- 6 Basketball hoops

Student Handouts (1 per student):

- Recreational Fistball History, Rules and Information (Lesson 1)
- Performing the Fistball Closed-Fist Pass: Indirect (Bounce)/Direct (No bounce) Pass (Lesson 2)
- Performing the Fistball Set: Indirect (Bounce)/Direct (No bounce) (Lesson 4)
- The Fistball Serve (Lesson 7)
- Fistball Defense and Returns (Lesson 8)

Assessments (1 per student):

- Skill Testing Assessment Sheet (Lesson 1, 10)
- Values Physical Activity Assessment Sheet (Lesson 2)
- Personal and Social Responsibility Assessment Sheet (Lesson 3)
- Participating in Physical Activities (Lesson 4)
- Add it up point tracker #1 (easy); #2 (harder) (Lesson 5)
- Fistball Skill Concepts Assessment Sheet (Lesson 5)
- Fistball Physics (Lesson 6)
- Personal and Social Responsibility Assessment Sheet (Lesson 7)
- Achieving/Maintaining Health-Enhancing Physical Activity & Fitness (Lesson 8)
- Value of physical activity (Lesson 9)

Teacher Guides:

- Fistball Skill Test Teacher's Set Up and Grading Procedures (Lesson 1, 10)
- Fistball Physics Teacher Guide (Lesson 6)

Class Posters:

- Skill Testing Station Cards (Lesson 1)
- Fistball safety rules (Lesson 1)
- 34-point number/score cards (Lesson 1)
- Team Members (Lesson 8)
- Tournament Schedule (Lesson 8)

Optional Equipment:

- Use a different type of ball including a volleyball floater, volleyball trainer, foam ball, beach ball &/or oversized volleyball as these are easier to spot & track for students of varying abilities. They are safer for beginning students as these allow students time to get & strike the ball.
- Pole & base pads for standards.
- 1 ball cart or ball net to easily carry balls.
- 1 clipboard per student (for handout/assessment management: keeps handouts/assessments from blowing away if the class is held outside as well as affords a hard surface for students to complete assessments).
- 1 laptop per court to show skill videos for student reference.
- iPod/Music system/music (played in the background during activity to motivate students).

RECREATIONAL RULES

Aim of the game:

1. Two teams of five players, hit the ball with a closed fist or forearm over the net (rope) into the opponents' half so the opponent is unable to return the ball in no more than 3 hits, with the ball being allowed to bounce on the ground once between each hit.
2. Great introductory videos (full of action) demonstrating Fistball's attributes are listed in Lesson 1 and in the unit's "Resource" section.

Set up:

1. Outdoor grass field or an indoor court with courts divided into two halves by a central line & a net (rope).
2. On each side, 2 parallel service lines are drawn to the central line.
3. Court dimensions are found in the "Court Dimensions" sub-section.

Start/serve:

1. The game starts by an under/overhand serve (refer to "Serving" sub-section below).
2. The team losing the last point or commits the last error makes the next serve.

Play:

1. Teams hit the ball over the net (rope) (refer to "Types of Hits" sub-section).
2. The ball can only be touched three times by the offensive team before sending it over the net - with a bounce being permissible before each contact, but no repeated hits by any individual player within the three attempts.

Errors/points awarded:

1. Volley continues until a team makes an error or a stoppage occurs (e.g. the ball hits the playing court twice, goes out of bounds or a team fails to return the ball properly).
2. A set ends when a team scores 11 points & is at least 2 points in the lead (i.e. 11 points to 9 points). If the score reaches 10 pts to 10 pts, the game is automatically extended until a team takes the lead by two points, or the first team to reach 15 points.
3. A point is scored when:
 - a. A team cannot return the ball
 - b. The ball touches the net or post during a serve
 - c. The ball touches the ground outside the boundaries of the court
 - d. The ball touches the ground twice in a row without any contact by a player in between
 - e. The ball is played on the side of the post past or below the net into the opponent's box
 - f. More than three players on a team touch the ball during a game turn
 - g. A player touches the ball a second time within a turn
 - h. The ball touches a body part other than the arm/fist (i.e., the ball cannot touch head, foot, open hand)
 - i. A player's grounding foot loses contact with the ground during the serve

Additional rules are presented in the "Competitive Rules & Skills" sub-section.

COMPETITIVE RULES & SKILLS

These rules are for in/outdoor competitive matches. However, the number of rules is reduced representing the minimum rules to play an official game in grades 4-12. Videos demonstrating how to play the game, highlight reels, skills and more are in the “Resource” section under “Fistball trailers/rules/highlights.”

Rule	Volleyball	Fistball
Court size	60' L X 30' W	164' (outdoor: grass) 131' (indoor) L X 66' W (Figure 2)
Net height	Men: 7'11 5/8"; Women: 7'4 1/8"	Men: 6'6"; Women: 6'2"
Players on court	6	5
Ball weight	Adults: 9-10 oz. (260-280 gms) Under 12: 7-8 oz. (198-227 gm)	Men: 12-13 oz. (350-380 g) Women: 11-12 oz. (320-350 g)
Service	Next player in rotation	Anyone
Service line	30 feet away from net	10 feet away from net
Crossing /touching service line during serve	No	One foot can cross, other foot must remain in contact w/ground behind service line
Service ball allowed to touch net	Yes	No
Rotating	Yes, after winning rally when opponent served last	No rotation. Positions are specialized
# of hits before ball must go over net	3	3
Bounces allowed in between hits	No	Yes, total of 3 (1 before each touch)
Rules for types of touches allowed	<ul style="list-style-type: none"> It is LEGAL to contact ball with any part of the body (head, foot) Punching/kicking, catching/throwing is ILLEGAL 	<ul style="list-style-type: none"> Only one arm (upper or lower) & contact with the fist are allowed Everything else is ILLEGAL
Going under the net	Illegal	Legal if doesn't impede opponent
Sets/Matches	<ul style="list-style-type: none"> 3-set matches are 2 sets to 25 points & a 3rd set to 15. Each set must be won by 2 pts. Winner is 1st team to win 2 sets Best of 5-sets: 5-set matches are 4 sets to 25 points & 5th set to 15 	<ul style="list-style-type: none"> A set ends when a team scores 11 pts & is leading by 2 pts (i.e. 11:9). If score reaches 10:10, the game is automatically extended until 1 team takes the lead by 2, or the 1st team to reach 15 points A match is played in a best of 3 (women) or 5 (men) sets (team winning 3 or 5 sets respectfully earns the win)

Table 1: Difference Between Volleyball & Fistball

Positions:

	Outdoor	Indoor
# of Court Players	5	5
Positioning “Letter”	“W” (refer to Figure 1)	“U” formation
Front Row Positions	(1) The Returner (AKA Attacker), (2) Setter, (3) Second Returner (Since spiking is NOT allowed, the “Attacker” title is changed to “Returner”)	(1) Returner, (2) Second Returner
Back Row Positions	2 Defenders	(1) Defender, (2) Setter, (3) Defender

Table 2: Difference Between Fistball Indoor & Outdoor Positions

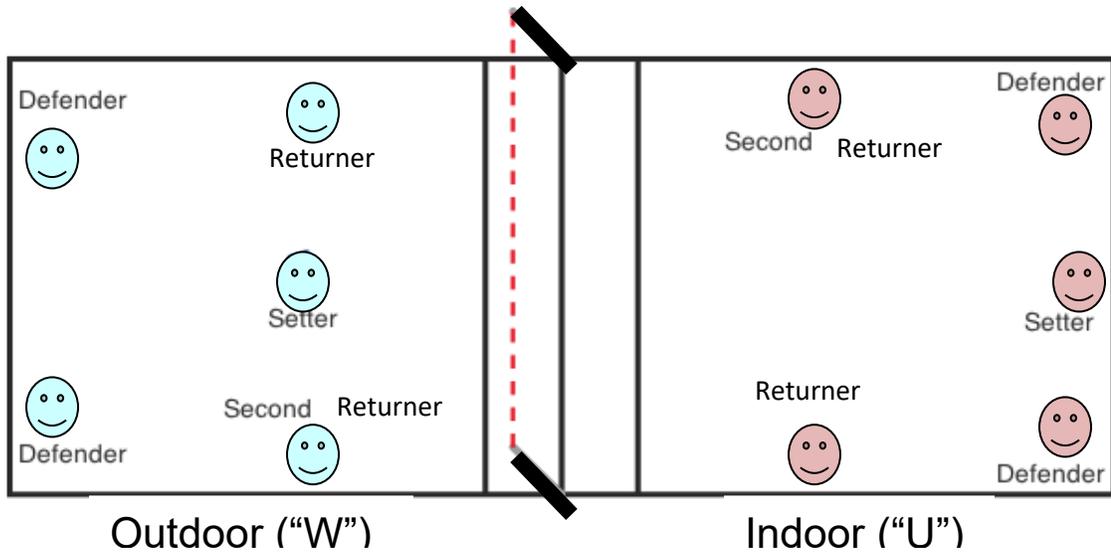


Figure 1: Out/Indoor Positioning

- **The Setter:**
 - Is the target player for the first touch/or set.
 - “Sets” up teammates for the return hit by performing a skill known as a “closed-fist” set (e.g. More on the skill in Lesson # 2).
 - In the “W” (“Outdoor”) formation (Table 1, 2, & Figure 1):
 - ❖ Covers the front middle, ready for short balls. However, since the setter is in the middle, the setter needs to prepare for any shots. Quick reflexes are required.
 - In the “U” (“Indoor”) formation (Table 1, 2, & Figure 1):
 - ❖ Moves to the back line to assist defense because short balls are not used, since the bounce is predictable. However, the setter needs to run to the front after each defense in order to set the ball for the return. Therefore, the setter should have great cardiovascular endurance.
- **Returners (Hitters)** (Table 1, 2, & Figure 1):
 - Play close to the net.
 - Get the ball over the net & in fair play.
- **Defenders** (Table 1, 2, & Figure 1):
 - Receive ball on serve or return. If a defensive shot is not fielded effectively, there is little chance for a strong return. The ball from an opponent's return or serve can be hard to field. Most successful defenses are the result of running hard to field the ball.

Skills (Videos for all skills are found in the “Resource” section):

Serving:

- Performed by any player. There is NO SERVING ROTATION (Players do NOT rotate positions).
- The server must throw the ball up visibly & hit it directly across the net in an underhand or overhead motion from anywhere behind the service line to the opponent’s side.
- The service begins as soon as the ball leaves the servers non-dominant hand.
- Although the service can be carried out by running, jumping, walking or standing, for this unit, it is suggested to ONLY TEACH the STANDING SERVE.
- The serve MUST start with one foot behind the service line & end with the same foot remaining in contact with & behind the service line. Therefore, the person serving straddles across the service line.
- The serve must be started & carried out without delay. The referee recognizes a delay by whistling. The serve must be carried out within 10 seconds of the whistle.
- An ACE is performed when an opponent cannot return the serve, resulting in a point for the serving team.

Service Errors (Point awarded to opponent with offense continuing to serve):

- **If serving**, errors include:
 - Ball hitting/going in/onto: (a) the net (regardless of where the ball lands on the court), (b) the posts above 2 meters, (c) the ground outside the court, (d) under the net.
 - The ball failing to reach the net or go over the opponent’s service line before bouncing.
 - Attempting to hit the ball but misses/or catches it.
 - Hitting the ball with an open hand (must hit the ball with the fist).
 - Server making first ground contact in front of serving line, moving ground contact foot from ground.

Closed-fist Pass & Set:

- The ball may be touched up to three times by any three of the five players on the court (with no repeat hits by any individual player within the three attempts) after the ball clears the net during the serve. The ball may bounce once before each touch (unlike volleyball where no bounce is allowed). The three hits are used to save, set & return the ball back into the opponent’s half of the court, in that order.
- The return of the ball is valid if it crosses the net within the opponent's court-half boundaries, while staying inside the posts, or touches an opponent.
- Contacts by the ball or player with the net after the serve is a fault with the point awarded to the opponent.
- A team can return a ball hit in the opponent's half or if it has touched the ground in the opponent's half & has not yet crossed the net.
- If a player is obstructed by an opponent, this is regarded as the player’s point.

Closed-fist Pass & Set Errors (Point awarded to opponent):

- Catching/Throwing/Pushing the ball.
- Carrying/lifting the ball (&/or any underhand hit made with the palms of the hand).
- A player touching the ball a second time within a turn (hits ball twice in succession [double hit]).
- A ball played off any part of the body other than arm, below shoulder, or closed fist (such as the foot or head).

Rally:

- Each rally starts with a serve & ends with a fault, game set/half or stoppage.
- Only faults during a rally are scored.

Rally Errors (Point awarded to opponent):

- If the ball touches the ground twice in a row without any contact by a player in between.
- More than three players on a team to touch the ball during a game turn.
- A ball touching the ground outside the marked court is the fault of the team that touched it last (The Court Dimensions can be viewed as a diagram in Figure 2 below).
- If the ball touches a non-playing person, it is the same as having touched the ground. It is the fault of the team touching it last.
- A fault is recorded when a player enters the opponent's half without good reason, especially if it interferes with the opponent's performance.
- **INDOORS:**
 - A fault is called if the ball contacts the wall.
 - If the **ball touches the ceiling on the service or return**, it is the acting team's fault.

Miscellaneous Rules:

- The ceiling is part of the court therefore a ball touching it is playable, other when it is a serve or service return).
- A ball that lands on the line is IN bounds & is playable.
- The referee can punish unsportsmanlike behavior according to the severity of the offense:
 - Caution (Yellow card)
 - Suspension until both teams together have won 10 points (Yellow & Red card)
 - Disqualification (Red card)
- Each fault counts as a point for the opposing team. Following a fault, the team that has made the fault serves.

Court Dimensions:

- A net is suspended between two posts 2 meters (6.5') high for men & 1.90 meters (6.2) for women (Net heights for other ages are listed in Table 3). Posts are placed at the intersection of the centerline & boundary lines. The net is between 3 centimeters (1") & 6 centimeters (2.4') wide if measured vertically

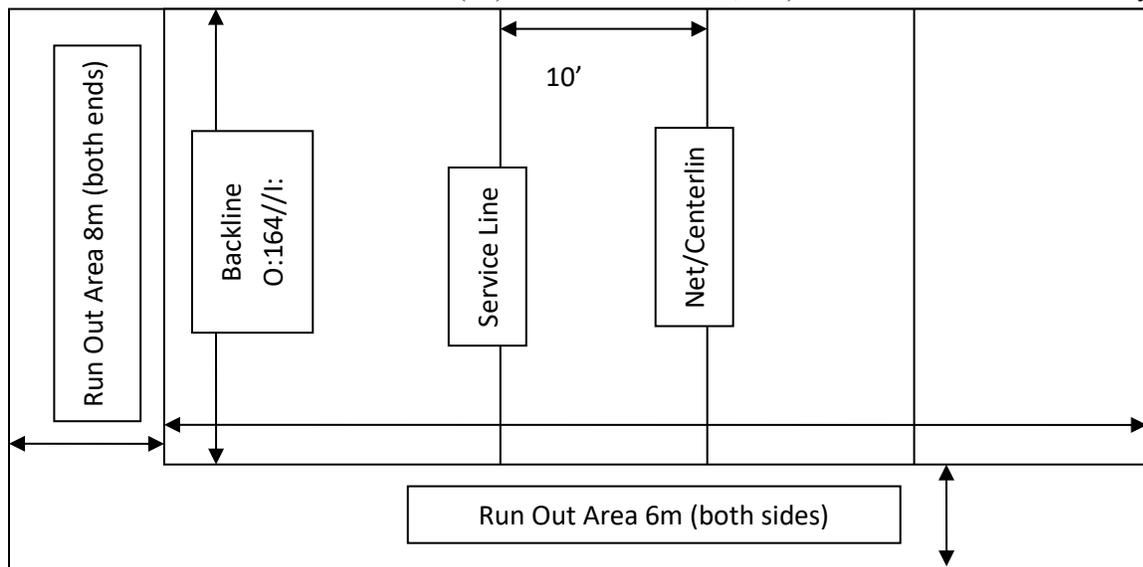


Figure 2: Court Dimensions
O=Outside; I=Inside

<u>Age</u>	<u>Court Size</u>	<u>Net Ht</u>
Males 16-18	50 X 20 meters (164' X 66')	2 meters (6.5')
Females 16-18	50 X 20 meters (164' X 66')	1.9 meters (6.2')
Males 14-15	40 X 20 meters (131' X 66')	1.8 meters (5.9')
Females 14-15	40 X 20 meters (131' X 66')	1.8 meters (5.9')
Males 12-13	30X15/28X15*m (98'X49'/92'X49')	1.6 meters (5.2')
Females 12-13	30X15/28X15*m (98'X49'/92'X49')	1.6 meters (5.2')
Males 10-11	20X10/28/15*m (65'X32'/92'X49')	1.6 meters (5.2)
Females 10-11	20X10/28/15*m (65'X32'/92'X49')	1.6 meters (5.2)

Table 3: Age, Court Size, Net

* = to be decided by a federation member

- Nets can only be accepted if they are easily distinguishable by a bright & dark coloring in intervals of 15 (6") to 20 centimeters (8") (Figure 3).



Figure 3: Net Interval Coloring

TERMINOLOGY

Ace: Serve an opponent cannot return resulting in a point for the serving team.

Anchoring: The length of the net.

Attacking/Attacker/Returner: Player able to hit the ball with high impact (selecting skills such as a dink, spike).

Closed Fist Pass (AKA Blow): Forearm pass/set. Contacting the ball with the forearm or fist while receiving a serve or the first contact of the ball with the intent to control the ball to another player in an underhanded manner.

Direct Set/Pass: When the ball is hit directly by the attacker without the ball first touching the ground.

Fault: Violation of the rules.

Fistball: A team sport where 2 teams of 5 players compete against each other on 2 half-fields, separated by a centerline & a net (or rope) stretched between 2 posts. Each play starts with a serve. Players hit a ball across & over the net using only a closed fist &/or arm so opponents cannot return it.

Flip Classroom: Enhances student learning and achievement by reversing the traditional model of a classroom, focusing class time on student understanding rather than on lecture. To accomplish this, teachers post short videos online for students to view at home prior to the next class session. This allows class time to be devoted to expanding on and mastering the material through collaborative learning exercises, projects, and discussions.

Game / Set / Match Point: Last point in a game / set / match

Indirect Set/Pass: When the ball is set/passed for the attack by hitting the ball in the air & allowing for a bounce.

Interdisciplinary Education: A style of education that incorporates knowledge and skills from multiple areas of learning. Its primary purpose is to enhance critical thinking skills. This unit uses interdisciplinary learning to accommodate the interests of ALL students regardless of ability or skill level.

LBGTQIA+ Integration: This curriculum was developed with the understanding everyone is uniquely different. Regardless of the difference, this curriculum has specific lesson activities addressing respect & social responsibility so students leave the class feeling physically/emotionally safe in the school environment. Removing gender specific pronouns helps promote respect for LBGTQIA+ students and improve students' overall school experience. LBGTQIA+ stands for:

L - Lesbian. Lesbian is a term used to refer to homosexual females.

G - Gay. Gay is a term used to refer to homosexuality, a homosexual person, or a homosexual male.

B - Bisexual. Bisexual is when a person is attracted to two sexes/genders.

T - Trans. Trans is an umbrella term for transgender and transsexual people.

Q - Queer/Questioning. Queer is an umbrella term for all of those who are not heterosexual and/or cisgender. Questioning is when a person isn't 100% sure of their sexual orientation and/or gender and are trying to find their identity.

I - Intersex. Intersex is when a person has an indeterminate mix of primary and secondary sex characteristics.

A - Asexuality. Asexuality is when a person experiences no (or little, if referring to demi sexuality or grey asexuality) sexual attraction to people.

+ - The "+" symbol simply stands for all of the other sexualities, sexes, and genders that aren't included in these letters.

National Physical Education Standards (NPES): The NPES defines what a Kindergarten-Grade 12 Physical Education student should know & be able to do as result of a highly effective physical education program. States & local school districts across the country use the NPES to develop or revise existing standards, frameworks & curricula. Revised by the Society for Health and Physical Educators in America (SHAPE America) in 2013.

Out of Bounds: When a ball lands completely outside of the boundary lines.

Pass: Receiving a serve or the first contact of the ball with the intent to control the ball to another player.

Rally: Keeping the ball in play & returning it to your opponent without committing any playing faults.

Serve: Skill used by a player to put the ball into play. The server may perform the serve standing, walking, running or jumping. However, one foot must always be behind the service line & in contact with the ground.

Server: Person who performs the serve.

Set: Skill where the ball is set in the air & on the field in a place that an attack can effectively take place (refer also to indirect & direct set).

Setter: Person who performs the set.

“U” Formation: Is an “Indoor” positioning formation where there are **2 front players:** (1) Returner (AKA Attacker): Returners, get the ball over the net, (2) Second Returner (Since spiking is NOT allowed, the “Attacker” title is changed to “Returner”); and **3 back players:** (1) Defender: Receive ball on serve or return. If a defensive shot is not fielded effectively, there is little chance for a strong return. The ball from an opponent's return or serve can be hard to field. Most successful defenses are the result of running hard to field the ball, (2) Setter: Moves to the back line to assist defense because short balls are not used, since the bounce is predictable. However, the setter needs to run to the front after each defense in order to set the ball for the return. Therefore, the setter should have great cardiovascular endurance, (3) Defender.

Volley: Keeping the ball in play & returning it to your opponent without committing any playing faults.

“W” Formation: Is an “Outdoor” positioning formation where there are **3 front players:** (1) Returner (refer to “U” Formation for description of positions); (2) Setter: Covers the front middle, ready for short balls. However, since the setter is in the middle, the setter needs to prepare for any shots. Quick reflexes are required, (3) Second Returner; and **2 back players:** 2 Defenders.

TEACHING TIPS

1. **Remember, all Fistball lessons start** with the “Introduction” & end with “Closure”, skipping Warm-up & Cool Down (using the traditional lesson plan set up of (1) warm up, (2) introduction/ review, (3) learning of a skill, (4) practice skill, (5) cool down, (6) closure). This allows teachers to select their own warm up/cool-down activities based on curricular needs.
2. **The teacher’s role while students are performing** in activities includes rotating between groups:
 - a. Making sure the skills are performed correctly.
 - b. Giving positive & corrective feedback to individual & groups of students.
 - c. Answering student questions.
 - d. And completing the ***“Fistball Teacher Skill Rubric.”***
 - i. Teachers use this authentic assessment tool to evaluate a student’s Fistball skill performance.
 - ii. The easy to use rubric can be utilized any time a student is engaged in skill practice &/or tournament play.
 - iii. Upon observing a student perform a skill (or skills), the teacher places a checkmark in the box representing the student’s performance of said skill based on the rubric scale/description.
 - iv. When the entire rubric is completed (8 items), the **TOTAL** scores from page 1 are added & placed in the **YELLOW** box on page 1 & 2.
 - v. The **TOTAL** scores on page 2 are added as well & placed in the **GREEN** box on page 2.
 - vi. The **TOTAL** scores from the **YELLOW** & **GREEN** boxes are added & placed in the **GRAND TOTAL BLUE** box.
 - vii. At the bottom of the page is the grade conversion from a score out of 32 to letter grades to assign students.
 - viii. Refer to page 5, “Assignment” section, for additional information.
3. **Equipment Readiness:** Have all the equipment (including handouts, pencils, equipment, etc.) set up prior to the students entering the activity space.
4. **Handouts** given can be sent home or used as part of a portfolio system.

5. **Re-use games:** If a game/activity was not completed during class time, allow students to continue the game the next class as warmup &/or as motivation for getting from the locker room early.
6. **Unprepared/sick students:** Can be involved by coaching, officiating, keeping score, or conducting a research project on the sport.
7. **Modify rules to keep students practicing skills.** For example:
 - a. On a serve: play the ball if it hits the net & goes over to the other side in-bounds
 - b. Allow more than the three-hit maximum per team to get the ball over the net
 - c. Permit servers to serve the ball closer to the net
 - d. Let students hit the ball 2 [or more] times in a row to keep the ball in play
 - e. Lower the height of the net or sag the net
 - f. Allow the ball to bounce more times (Rules state 1-bounce. Change to 2-bounces if needed)
 - g. Allow two or three attempts when serving
 - h. Allow students who can't serve, throw the ball over the net
8. **Before taking students outside:** Tell the students all the information, directions, etc. INSIDE. This helps keep students focused (because EVERYTHING is a distraction when outside). It also gives students the opportunity to hear directions because when given directions outside the teacher is competing against wind, other noises, etc. making it hard to hear and concentrate.
9. **Equipment modifications:** Modify equipment increasing student success regardless of ability level or for students with disabilities. For example, use a different type of ball including a volleyball floater, volleyball trainer, foam ball, beach balls &/or oversized volleyballs. These balls are easier to spot & track, as well as help beginners overcome the initial fear of getting hurt by contacting the ball with the arms & hands. They also give students more time to get to the ball in order to hit it.
10. **Rule modifications:** Modify rules to encourage teamwork & prevent competitive players dominating the game:
 - a. There must be 3 hits on a side before the ball is hit over the net.
 - b. Three different people have to make contact with the ball (not always the same people).
 - c. Consider separate courts for higher-skilled, competitive players to practice/play on (e.g. Court 1 = competitive play; Court 2 = recreational play; Court 3 = skill development).
11. **Play music:** During warm-up, activity, cool-down, etc. This motivates students while they participate in activity. Further motivate students by allowing them to create playlists (with directions regarding what's approved content). Play a different student playlist every class.

BLOCK PLAN

<u>Lesson # 1</u>	<u>Lesson # 2</u>
<ul style="list-style-type: none"> • <u>NPE Standard:</u> 1 • <u>Teach:</u> <ul style="list-style-type: none"> ○ Rules, information, dimensions, positions, videos, skills pretest • <u>Activities:</u> <ul style="list-style-type: none"> ○ Skill Pretest Stations • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Skill pretesting 	<ul style="list-style-type: none"> • <u>NPE Standard:</u> 5 • <u>Review:</u> <ul style="list-style-type: none"> ○ Rules, information, dimension, positions, videos, skills pretest • <u>Teach:</u> <ul style="list-style-type: none"> ○ Indirect Closed-Fist Pass (bounce) • <u>Activities:</u> <ul style="list-style-type: none"> ○ Keep it up drill: I, II, III ○ Volley game ○ 3 & over • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Values Physical Activity
<u>Lesson # 3</u>	<u>Lesson # 4</u>
<ul style="list-style-type: none"> • <u>NPE Standard:</u> 4 • <u>Review:</u> <ul style="list-style-type: none"> ○ Indirect Closed-Fist Pass • <u>Teach:</u> <ul style="list-style-type: none"> ○ Direct Closed-Fist Pass (no bounce) • <u>Activities:</u> <ul style="list-style-type: none"> ○ Keep it up drill: I, II, III ○ Volley game ○ 3 & over • <u>Assessment:</u> <ul style="list-style-type: none"> ○ There is no 'I' in Team Assessment 	<ul style="list-style-type: none"> • <u>NPE Standard:</u> 3 • <u>Review:</u> <ul style="list-style-type: none"> ○ Lesson 1: Rules, information, dimension, positions ○ Lesson 2 & 3: Closed-Fist Pass (indirect, direct) • <u>Teach:</u> <ul style="list-style-type: none"> ○ Indirect Set • <u>Activities:</u> <ul style="list-style-type: none"> ○ ABC Relay ○ Put the (Indirect) set in the net ○ Tri & Try Again ○ Seven up game • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Participating in Physical Activity
<u>Lesson # 5</u>	<u>Lesson # 6</u>
<ul style="list-style-type: none"> • <u>NPE Standard:</u> 2 • <u>Review:</u> <ul style="list-style-type: none"> ○ Lesson 1: Rules, Information, etc. ○ Lessons 2-4: Closed-fist pass (Indirect, direct), Indirect Set • <u>Teach:</u> <ul style="list-style-type: none"> ○ Direct Set ○ Pass to Set Combination • <u>Activities:</u> <ul style="list-style-type: none"> ○ Set in the net ○ 2 is better than 1 ○ Add it up • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Fistball Skill Concepts Assessment 	<ul style="list-style-type: none"> • <u>NPE Standard:</u> 2 • <u>Review:</u> <ul style="list-style-type: none"> ○ Lesson 1: Rules, information ○ Lesson 2-5: Closed-Fist Pass/Set (Indirect, direct) • <u>Teach:</u> <ul style="list-style-type: none"> ○ Fistball Physics • <u>Activities:</u> <ul style="list-style-type: none"> ○ Fistball physics stations • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Fistball Physics

<u>Lesson # 7</u>	<u>Lesson # 8</u>
<ul style="list-style-type: none"> • <u>NPE Standard:</u> 4 • <u>Review:</u> <ul style="list-style-type: none"> ○ Lessons 1-5: Rules, information, closed-Fist Pass/Set (Indirect, direct), Physics • <u>Teach</u> <ul style="list-style-type: none"> ○ Underhand/Overhead Serve • <u>Activities:</u> <ul style="list-style-type: none"> ○ Serving Game ○ Hoop-a-lot ○ H.A.T. Trick ○ Serve It Baseball Game • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Personal & Social Responsibility Assessment Sheet 	<ul style="list-style-type: none"> • <u>NPE Standard:</u> 3 • <u>Review:</u> <ul style="list-style-type: none"> ○ All lessons/skills/rules • <u>Teach</u> <ul style="list-style-type: none"> ○ Fistball Defense & Returns • <u>Activities:</u> <ul style="list-style-type: none"> ○ Scoring/Refereeing ○ Modified games/Tournament play • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Tournament play (skills in a game situation posttest) ○ Achieving/Maintaining Health-Enhancing Physical Activity & Fitness Assessment
<u>Lesson # 9</u>	<u>Lesson # 10</u>
<ul style="list-style-type: none"> • <u>NPE Standard:</u> 5 • <u>Review:</u> <ul style="list-style-type: none"> ○ All lessons especially: (1) The serve & (2) Fistball Defense & Returns • <u>Teach/Activities:</u> <ul style="list-style-type: none"> ○ Tournament play • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Tournament play (skills in a game situation posttest) ○ Value of Physical Activity 	<ul style="list-style-type: none"> • <u>NPE Standard:</u> 1 • <u>Review:</u> <ul style="list-style-type: none"> ○ All lessons • <u>Teach/Activities:</u> <ul style="list-style-type: none"> ○ Skill Posttest • <u>Assessment:</u> <ul style="list-style-type: none"> ○ Skill Post testing ○ Written final knowledge exam (optional)

REFERENCES & ADDITIONAL RESOURCES

REFERENCES (last visited 9/1/19)

1. Fistball Rules PDF Document
https://www.ifa-.com/wp-content/uploads/2019/03/03_IFA-Rules-of-the-Game-2019.pdf
2. <https://www.ifa-.com/en/> (International Fistball Association)
3. <http://www.us.com//> (USA Fistball)
4. <https://www.topendsports.com/sport/list/fistball.htm>
5. <https://howlingpixel.com/i-en/> Includes rules, championship games on video, skills, pictures, strategies.

WEBSITES (last visited 9/1/19)

1. <https://en.wikipedia.org/wiki/>
2. <https://theworldgames2021.com/sport//>
3. <http://www.-worldtour.com/>

SOCIAL MEDIA (last visited 9/1/19)

1. <https://www.facebook.com/USU18/>
2. <https://www.facebook.com/IFA.Fistball/>
3. Twitter: @IFA
4. Twitter: @US

OFFICIAL EQUIPMENT (BALLS, CLOTHING, ACCESSORIES, TRAINING MATERIALS, BOOKS) (last visited 9/1/19)

1. <https://www.kuebler-sport.com/balls/additional-sports//>
2. <http://www.hupf.ch/>

VIDEOS (Last visited 9/1/19)

Fistball Trailers/Rules/Highlights:

1. [**Not listed in lesson plan 1**] Fistball in the U.S. (Woman's team interview in Pennsylvania)(1:56):
https://www.youtube.com/watch?time_continue=30&v=MMDY3310Luk
2. [**Not listed in lesson plan 1**] Fistball trailer highlights (1:19):
https://www.youtube.com/watch?time_continue=2&v=ML23HMPCx04
3. [**Not listed in lesson plan 1**] Championship Fistball games <https://www.ifa-fistball.tv/>
4. [**Not listed in lesson plan 1**] Fistball rules (no audio)(2:08): <http://www.wwc.com/what-is/>
5. [**Not listed in lesson plan 1**] Fistball rules (no audio)(2:09) <https://www.theworldgames.org/sports/Fistball-15> (or) https://www.youtube.com/watch?time_continue=28&v=xWq4KzXO5qc
6. Trailer (no audio/overview of game)(2:02): https://www.youtube.com/watch?v=WOIJ_ecKas4
7. What is Fistball? Excellent rules, highlights, etc, (3:54):
https://www.youtube.com/watch?list=PLN_SP8XFyRf0Dai-6SQiHL6QKgrZ5qeIJ&time_continue=1&v=mYdrfamIJtU
8. Older Video of Rules (audio; more in depth) (3:06): <https://www.youtube.com/watch?v=kI-BBLh98sc>
9. Newer Video of Rules from IFA (3:03):
<https://www.youtube.com/watch?v=hj2cgcFbirY&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=13>

Skills:

1. **BASIC STANCE** (0:40):
 - a. <https://www.youtube.com/watch?v=M6gHRoKDEOQ&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=1>

2. **SERVE:**
 - a. Standing serve (Beginner serve)(0:40):
<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>
3. **CLOSED-FIST PASS:**
 - a. Hitting up: (0:40):
<https://www.youtube.com/watch?v=dr0pjLfJgS8&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=2>
 - b. Defense (0:44): <https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4>
4. **SET** (0:45):
 - a. <https://www.youtube.com/watch?v=-F3kFAQXOkM&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=3>
5. **RETURN** (0:34):
 - a. <https://www.youtube.com/watch?v=UjqalAog1kg&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=6>

Skills marked in **RED** below are **ADVANCED** skills. They are offered here as progression resources. Please, **DO NOT TEACH THESE SKILLS TO BEGINNERS.**

1. **Pick** (AKA Volleyball Dig + Shoulder Roll)(0:22):
<https://www.youtube.com/watch?v=ssEW6QO4QPY&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=5>
2. **Return** (AKA Volleyball Spike)(0:48):
<https://www.youtube.com/watch?v=tk9Ta8zUWj0&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=9>
3. **Net Hook** (AKA Volleyball Dink)(0:54):
<https://www.youtube.com/watch?v=YDDy6Rx9sIs&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=10>
4. **Dig Drill** (0:11)
https://www.youtube.com/watch?v=pHRK1K_5h1A&list=PL0tCZu_E81XWuAJIkgZNhgB12ZZu8aFN&index=18
5. **Jump Serve** (Advance serve)(0:32):
<https://www.youtube.com/watch?v=Wbdbh5qtGqE&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=8>