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Burke FCCLA Chapter

Burke School

Burke, South Dakota

Instructional Video Design

Level 3

Dive into Volleyball Mastery in 5 minutes

Planning Process Summary Page

IDENTIFY CONCERNS



- The video could be too long.
 - The camera not working.
 - Finding enough time to film the video.
 - Getting all the requirements done by the time it is due.
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SET A GOAL



Our goal is to make an instructional video teaching middle school and high school students how to do the four fundamentals of volleyball.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



Who: Olivia, Paige, and Quinten Bull; Tamara Bull filmed it; and it is directed toward athletes in grades 7-12.
What: An instructional video about the four basic fundamentals of volleyball.
When: Sunday, January 28, at 5:00
Where: Burke High School gym
How: An outline of what needs to be discussed needs to be followed during the filming of the video
Cost: No cost
Resources: Camera, volleyballs, and the gym
Evaluation: Review the video and record more takes until satisfactory

ACT



We grabbed three volleyballs out of the equipment room, practiced what we were going to say in the video, practiced teaching someone else the correct forms, put it all together, and filmed our instructional video on the four fundamentals of volleyball.

FOLLOW UP



The video went well after redoing it about ten times. We had to push back the date we were planning to film a couple of times because other, more important plans came up. If we did this again, we would do it sooner rather than later so that we didn't have to rush and get it done.

2023-2024 STAR Events Online Project Summary Form

FCCLA <noreply@registermychapter.com>

Thu 2/1/2024 9:51 AM

To: Bull, Paige (S-Burke) <PB3443@k12.sd.us>

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EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for inclusion in a display, file folder, or portfolio. **One survey per entry is required.**

Chapter Name: Burke FCCLA Chapter - 14875

State: South Dakota

Members: Olivia Bull, Paige Bull, Quinten Bull

Event Name: Instructional Video Design

Level: Level 3 (grades 11 and 12)

Project Title: Dive into Volleyball Mastery in 5 Minutes!

Adviser's Signature Sherry Opbrek

Date 2/1/24



Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

Title of Video and Topic: Dive into Volleyball Mastery in 5 Minutes!	
___ Micro-video Series <input checked="" type="checkbox"/> Tutorial ___ Training ___ Screencast ___ Presentation/Lecture	
Grade or Target Age Group Level: Grades 7-12	
Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 4:31 minutes	
FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>): The National Program that this can relate to is student body, specifically the fit you unit, because you can integrate it with the people in your organization and make a fun night out of it by teaching them how to play volleyball.	
Video Learning Objective(s): Our learning objectives include:	
<ul style="list-style-type: none"> • Master the basics by understanding and demonstrating the proper technique for the four basic volleyball fundamentals: bump, set, spike, and serve. • Game insight by gaining insights into how mastering these fundamentals contributes to successful gameplay. • Quick and efficient learning by learning the essentials of volleyball in a short 5-minute timeframe. • Encouragement to practice by motivating viewers to practice regularly to enhance their volleyball skills. 	
National Family and Consumer Sciences Standards (or others as appropriate):	
<ul style="list-style-type: none"> • 4.3.2: Implement learning activities in all curriculum areas that meet the developmental needs of learners. • 12.3.2: Analyze the role of communication on human growth and development. 	
Career Readiness Practices (Select all that apply):	
<input type="checkbox"/> Act as a responsible and contributing citizen and employee <input checked="" type="checkbox"/> Apply appropriate academic and technical skills <input checked="" type="checkbox"/> Attend to personal health and financial well-being <input checked="" type="checkbox"/> Communicate clearly and effectively and with reason <input type="checkbox"/> Consider the environmental, social and economic impacts of decisions <input type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies	<input type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input checked="" type="checkbox"/> Model integrity, ethical leadership and effective management <input checked="" type="checkbox"/> Plan education and career paths aligned to personal goals <input type="checkbox"/> Use technology to enhance productivity <input type="checkbox"/> Work productively in teams while using cultural global competence
Materials Needed to Create Video:	
<ul style="list-style-type: none"> • Camera • Volleyballs • Gym • Practice clothes 	



- Computer

Instructional Strategies:

- Demonstration by clearly demonstrating each of the four fundamental volleyball moves: bump, set, spike, and serve.
- Verbal explanation by providing clear and concise verbal explanations for each fundamental, and explaining key points, common mistakes, and tips for improvement.

Key Topic/Step 1: Introduction

Timeframe: 57 seconds

Storyboard/Scripting (media/images/notes): The introduction includes a catchy intro, an overview of what the video is about, all the participants names, and the FCCLA chapter we are a part of.

Key Topic/Step 2: Teaching the Fundamentals

Timeframe: 2:56 minutes

Storyboard/Scripting: (media/images/notes): The first part of this step was teaching someone how to pass correctly, and that took about 39 seconds. After that was teaching someone how to set properly, and that took about 30 seconds. The next step was teaching someone how to hit the right way, and that took about 36 seconds. The last part of this step was to teach someone how to serve the ball correctly, and this took about 49 seconds.

Key Topic/Step 3: Outro

Timeframe: 17 seconds

Storyboard/Scripting (media/images/notes): The outro includes the reason why these fundamentals are so important to volleyball, and telling the audience to practice, practice, and practice.

Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer): In this quick 5-minute FCCLA volleyball fundamentals video, you've learned the essential techniques for mastering the four key moves in volleyball: bump, set, spike, and serve. From proper hand positioning to powerful spikes, you've gained a solid foundation to elevate your game. Now that you've got the basics down, it's time to hit the court! Grab your volleyball, find a playing area, and start practicing. Remember, consistency is key. The more you practice, the more confident and skilled you'll become. Play on with confidence! Keep refining your skills, and don't hesitate to revisit this video whenever you need a quick refresher. Thanks for joining us on this volleyball adventure. Now, it's your turn to shine on the court!



Application or Assessment of Learning: We will know that our video was a success when we see people start improving their skills in volleyball. Also, we can tell by seeing how many people have watched our video. If we hold a fun night where people watch our video and know how to play volleyball by the end, then we will know that our video was a success.

Source (If Applicable: cite any published or copyrighted materials used in this video): We didn't have any sources or copyrighted materials.

Additional Notes: While Paige is the only one of us going into the education field, all of us may find ourselves in a coaching opportunity in a small-town setting in the future.