

# VOLLEYBALL

Class Objectives  
K-5

## Kindergarten

*Students will:*

- Identify a volleyball from other balls
- Perform open hand ball slappies on a volleyball
- Strike a balloon UP, using the palm of his/her hand - standing/in place
- Strike a balloon UP, using the palm of his/her hand - walking
- Strike a volleyball DOWN, using the full hand
- Recognize, identify and demonstrate the Volleyball Ready Position
- Build his/her Passing Platform using the cues: Pancake-pancake, sausage-sausage or hotdog in a bun, twins
- Strike a beach ball above his/her (teacher toss) with one hand
- Freeze, or stop movement on teacher command
- Demonstrate the underhand serve to a partner
- Demonstrate the bump from a teacher toss

## Second Grade

*Students will:*

- All K-1 Objectives plus
- Demonstrate the Volleyball Serving Routine and Underhand Serve
- 10 toes to target, 2 dribbles, step-back/cool spin, drip of sweat, toss/step-punch
- Learn and be familiar with the six floor position names; RF, RB, MB, LB, LF, MF
- Play and engage, demonstrating good sportsmanship in a variety of lead-ups; circle passing, volleyball tennis
- Participate in a Peer-Coaching Task Sheet for one volleyball skill set: Passing
- Recognize, identify and demonstrate; The Underhand Serve, The Forearm Pass, and The Set

## Fourth Grade

*Students will:*

- All K-3 Objectives plus
- Demonstrate the volleyball forearm pass, underhand serve, overhand serve, the set, and the down ball
- Communicate partner talk; "It's UP, My Ball, & I go I go" during drills, activities, lead-ups
- Participate in a Wash Drill; how to move, rotate
- Gain an understanding of a Round Robin tournament (used in volleyball matches)
- Participate in peer-coaching: Passing, Overhand Serve, Setting, Passing

## First Grade

*Students will:*

- All Kindergarten Objectives plus
- Demonstrate the volleyball toss
- Learn the basic three lines of the volleyball court; baseline, sideline, 10' line
- Demonstrate the ball-handling skills; down balls, self-toss, popcorn, and non-dominate hand tossing (deliveries)
- Demonstrate the basic concepts of a "Drill" how to line up, perform, and return to the back of the line
- Strike a volleyball above his/her head (teacher toss)
- Identify and/or vocalize the 3 basic hits of volleyball; bump-set-spike

## Third Grade

*Students will:*

- All K-2 Objectives plus
- Demonstrate an overhand throw
- Underhand Serve back and forth with a partner (no net)
- Demonstrate a forearm pass from a partner/peer toss
- Participate in peer-coaching: Passing, Underhand Serve, and Setting
- Communicate/voice or "call the ball" - My Ball, My Ball
- Track a volleyball with the off hand
- Perform an open-hand, above-head hit - a Down Ball

## Fifth Grade

*Students will:*

- All K-4 Objectives plus
- Recognize the difference between the Forearm Pass and the Free Ball
- Demonstrate the Free Ball