

VOLLEYBALL



I CAN...

SKILL DEVELOPMENT & APPLICATION

Describe how to underhand serve a ball.	Describe the proper body position for receiving a ball.
⊕ Step with the opposite foot	⊕ Feet are shoulder width apart
⊕ Strike a stationary target	⊕ Knees are bent
⊕ Use the heel of your hand	⊕ One foot is slightly in front of the other
⊕ Follow through in the direction you want the ball to go	⊕ Keep the ball in front of your body

GAME STRATEGIES

List game strategies.
⊕ Return to base
⊕ Eyes on the ball
⊕ Force application directly affects the placement of the ball
⊕ Communicate with your teammates
⊕ Use more than one hit to get the ball over the net
⊕ Serve to an open area
⊕ Positive sportsmanship especially when things are going wrong
⊕ Play by the rules of the game.

HEALTH & FITNESS

Volleyball helps improve or maintain aerobic capacity. How?

At a middle school level, volleyball would be considered a moderate, recreational form of activity. Volleyball raises the heart rate but not to a consistent level where you can't have conversations with friends. It keeps kids moving and burning calories!

Describe the effect that physical activity has on each of the body systems.

Circulatory: Physical activity makes the heart pump blood faster to give the muscles and the rest of the body systems oxygen.

Nervous: Physical activity clears the mind so it can work more efficiently.

Muscular: Physical activity strengthens your muscles.

Digestive: Physical activity helps the digestive system break down food to produce the energy needed for exercise.

Skeletal: Physical activity strengthens bones.

