



## Volleyball Techniques

5th Grade Physical Education

Common Core Standard PE 5.1.17— Volley a tossed ball to an intended location.

Volleyball is a fast, active sport. It requires arm strength, control, coordination, and determination. Whether or not you are interested in playing volleyball recreationally or competitively, learning the techniques of volleying a ball and controlling where it lands is an important motor skill to gain. Watch this [11-minute video](#) to learn and practice some skills with volleying a ball. Once you've gotten the hang of it, try these techniques while volleying the ball to someone else. A volleyball works best for this, but if you don't have a ball, try wadding up 6 full sheets of paper together and covering them well with duct tape.

### **Materials:**

- Volleyball or paper ball described above

**Developmental Objectives/Domains:** By completing this activity, you will

- 1.) Develop motor skills and movement patterns needed to perform a variety of physical activities.
- 2.) Understand how to control a ball with limited use of your hands
- 3.) Enhance your athleticism and arm muscle mass