

## *Block Plan*

### *Volleyball-4th Grade*

<p><b>Day 1</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Forearm pass</p> <p><b>Concept:</b> Use the forearm pass only when ball is below your shoulders. Supporting partner, following class rules</p> <p><b>Activities:</b> Pass foam ball to partner 5 ft/10 times, 10ft/10 times, and 15 ft/10 times</p>	<p><b>Day 2</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Overhead pass</p> <p><b>Concept:</b> Use the forearm pass only when ball is above the shoulders Supporting partner, following class rules</p> <p><b>Activities:</b> Pass foam ball to partner 5 ft/10 times, 10ft/10 times, and 15ft/10 times</p>
<p><b>Day 3</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Underhand serve</p> <p><b>Concept:</b> Serve the ball using the underhand serve Supporting partner, following class rules</p> <p><b>Activities:</b> Serve foam ball toward a 3x3 target 10 times, standing 5ft, 10ft and 15 ft away</p>	<p><b>Day 4</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Overhand serve</p> <p><b>Concept:</b> Serve the ball using the overhand serve Supporting partner, following class rules</p> <p><b>Activities:</b> Serve foam ball toward a 3x3 target 10 times, standing 5ft, 10ft and 15 ft away</p>
<p><b>Day 5</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Review Forearm pass, Overhead pass, Underhand serve, Overhand serve</p> <p><b>Concept:</b> Serve and pass the ball using proper form Supporting partner, following class rules</p> <p><b>Activities:</b> Stations – forearm pass, overhead pass, serving (over/underhand), fitness, game (3 on 3)</p>	<p><b>Day 6</b> Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p><b>Skill:</b> Review Forearm pass, Overhead pass, Underhand serve, Overhand serve</p> <p><b>Concept:</b> Serve and pass the ball using proper form Supporting partner, following class rules</p> <p><b>Activities:</b> Stations – forearm pass, overhead pass, serving (over/underhand), fitness, game (3 on 3)</p>