

Block Plan

Volleyball-5th Grade

<p>Day 1 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Forearm pass</p> <p>Concept: Use the forearm pass only when ball is below your shoulders. Supporting partner, following class rules</p> <p>Activities: Pass volleyball to partner 10 ft/10 times, 15ft/10 times, and 20 ft/10 times</p>	<p>Day 2 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Overhead pass</p> <p>Concept: Use the forearm pass only when ball is above the shoulders Supporting partner, following class rules</p> <p>Activities: Pass volleyball to partner 10 ft/10 times, 15ft/10 times, and 20ft/10 times</p>
<p>Day 3 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Underhand serve</p> <p>Concept: Serve the ball using the underhand serve Supporting partner, following class rules</p> <p>Activities: Serve volleyball toward a 2x2 target 10 times, standing 10ft, 15ft and 20 ft away</p>	<p>Day 4 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Overhand serve</p> <p>Concept: Serve the ball using the overhand serve Supporting partner, following class rules</p> <p>Activities: Serve volleyball toward a 2x2 target 10 times, standing 10ft, 15ft and 20 ft away</p>
<p>Day 5 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Review Forearm pass, Overhead pass, Underhand serve, Overhand serve</p> <p>Concept: Serve and pass the ball using proper form Supporting partner, following class rules</p> <p>Activities: Stations – forearm pass, overhead pass, serving (over/underhand), fitness, game (3 on 3)</p>	<p>Day 6 Warm up shuffle, slide, vertical jump, run, stretch, core work, push up</p> <p>Skill: Review Forearm pass, Overhead pass, Underhand serve, Overhand serve</p> <p>Concept: Basic rules, boundaries, and rotation Supporting partner, following class rules</p> <p>Activities: 6 on 6 Volleyball</p>