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| Learning Objectives | Skills | |
| * Understand the importance of moving to the ball. * Practise throwing/feeding the ball high and low. * Demonstrate the ability to catch the ball at the highest and lowest points. * Introducing volley, dig and underarm serve. * Demonstrate good technique with arms and feet.   TBT: When Volleyball Was Invented in Massachusetts | Warm-up  Underarm serve  Pass  Volley  Catch  Throw | Forearm pass |
| Key Vocabulary | |
| COURT  UNDERARM SERVE  FOREARM PASS  DIG  VOLLEY  SET  FEED | NET/WALL  MOVEMENT  RALLY  BLOCK  HAND-EYE COORDINATION TEAMWORK |