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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-upUnderarm servePassVolleyCatchThrow | Forearm pass |
| Key Vocabulary |
| COURT UNDERARM SERVEFOREARM PASSDIGVOLLEYSET FEED | NET/WALL MOVEMENT RALLYBLOCKHAND-EYE COORDINATION TEAMWORK  |