

# I Teach More Than Gym:

## Developing Volleyball Skills in Upper Elementary

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@MoreThanGym

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### Volleyball Striking Progression 4<sup>th</sup>-5<sup>th</sup> grades:

#### TN State PE Standards

MS.17.4a Strike an object in partner or small-sided practice tasks.

MS.17.4b Overhead volley a ball with two hands, body positioned under the ball, and contact made with finger pads sending it upward.

MS.17.5 Overhead volley a ball using a mature pattern.\*

#### **SKILLS PROGRESSION:**

The learner will discuss:

\_\_\_\_\_ volleyball as a lifetime sport

\_\_\_\_\_ describe three levels of balls (balloons, beach ball, soft-volleyball) and why we use each

Bumping: the learner will

\_\_\_\_\_ discuss hand placement and the proper steps to execute a bump

*\*\*Critical Elements of Bump - body in ready position, both arms locked and heel of hands together (GRASP or PANCAKE), point thumbs down, eyes on ball, contact with forearm, follow through)*

\_\_\_\_\_ Common Mistakes: (BUMP) -hit with fingers, chicken wings, partner not toss correctly, cross thumbs/interlock fingers, hit with thumbs, bump straight up

\*Practice the bump with a partner using a balloon

\_\_\_\_\_ toss, bump, catch (#1 tosses to #2, #2 bumps, #1 catches - switch who bumps every 3 x's)

\_\_\_\_\_ toss, bump, bump, catch (partner #1 tosses, partner #2 bumps, #1 bumps, and #2 catches) Repeat

\*Practice the bump with a partner using a beach ball

\_\_\_\_\_ toss, bump, catch

\_\_\_\_\_ toss, bump, bump, catch

\_\_\_\_\_ toss, bump, bump, bump..... (Self Progress – if 1 then try for 2 and so on)

\*Practice the bump with a partner using a soft volleyball

\_\_\_\_\_ Toss, bump, catch

Keep It Up: the learner will

\_\_\_\_\_ participate in a game of “Keep It Up” in groups of 4-5 using a balloon

\_\_\_\_\_ participate in a game of “Keep It Up” in groups of 4-5 using a beach ball

\_\_\_\_\_ “Keep It Up” competition

Serving: the learner will

\_\_\_\_\_ discuss hand placement and the proper steps to execute an underhand volleyball serve

*\*\*Critical Elements of Serve - ball in non-dominant hand at waist level, bring it across the midline, pull dominant arm back, step with opposite foot as swing dominant arm forward, hit with open palm, follow through*

\_\_\_\_\_ Common Mistakes: (SERVE)

-hit with fingers, hit straight up, bend arm as swing forward, not hold at waist level, toss ball up, not cross the midline

\_\_\_\_\_ practice executing an underhand volleyball serve using a beach ball

\_\_\_\_\_ practice executing an underhand volleyball serve using a soft-type volleyball (Evaluate partners serve??)

\_\_\_\_\_ Serve against wall from broken black line (if hit blue then partner does 10 jumping jacks—if miss =’s JJ for you!!!)

Overhead Set: the learner will

\_\_\_\_\_ discuss hand placement and the proper steps to execute an overhead set (like stretching when get out of bed)

*\*\*if over your head you may use the overhead set\*\**

*\*\*Critical Elements of Overhead Set - body in ready position, hands above head [hold like chugging a gallon of milk], diamond, eyes on ball, contact with finger pads, push up/out, follow through*

\_\_\_\_\_ Common Mistakes: (SET)

-start with hands on chest/forehead, not getting under the ball, waiting too long to set the ball, flyswatter

\*Practice the overhead set with a partner using a beach ball

\_\_\_\_\_ SELF TOSS, set, catch (#1 self-tosses and sets to #2, #2 catches)

\_\_\_\_\_ toss, set, set, set catch

\*Practice the overhead set with a partner using a soft volleyball

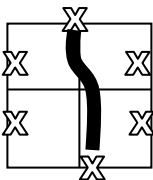
\_\_\_\_\_ self-toss, set, catch

**Keep It Up:** the learner will

- \_\_\_\_\_ discuss importance of saying, "I got it!"
- \_\_\_\_\_ participate using the serve, bump, and the overhead set in groups of 4-5 using a balloon
- \_\_\_\_\_ participate using the serve, bump, and the overhead set in groups of 4-5 using a beach ball
- \_\_\_\_\_ participate using the serve, bump, and the overhead set in groups of 4-5 using a soft volleyball

**2v2 Volleyball:** the learner will

- \_\_\_\_\_ watch a demonstration of the rules and procedures for 2v2 Volleyball
- If you hit it way out of bounds, it hits the floor on your side, you hit it 2 x's in a row, you hit with one hand or chicken wing it, then the other team gets the ball and a point. You can rotate after 2-3 points. \*\*Note: I do not limit to 3 hits per side and everyone gets 2 chances to serve.



- \_\_\_\_\_ participate in a game of 2v2 Volleyball using a balloon
- \_\_\_\_\_ participate in a game of 2v2 Volleyball using a beach ball
- \_\_\_\_\_ participate in a game of 2v2 Volleyball using a soft-type volleyball

**Middle School (6v6) Volleyball:** the learner will

- \_\_\_\_\_ watch a demonstration of the rules and procedures for 6v6 Volleyball
- Take turns serving, rotate in a circle or switch front and back (student choice)
- \_\_\_\_\_ participate in a game of 6v6 Volleyball using a beach ball
- \_\_\_\_\_ participate in a game of 6v6 Volleyball using a soft-type volleyball

\*At the same time 4<sup>th</sup> & 5<sup>th</sup> are doing 6v6 VB, I teach 3<sup>rd</sup> Grade Newcomb (4v4)

- Team #1 throws the ball over the net
- Team #2 receives the ball, tosses it to everyone on their team, and then throws in back over
- Team #1 receives and does the same
- If you throw it way out of bounds or the ball touches the ground on your side, the other team gets the ball and a point

**Developed By:**  
**Sango Elementary School Physical Education Department**

**References:**

- *Teaching the Nuts and Bolts of Physical Education* (Bump and Set)
- Dr. Marcy Maurer, APSU HHP Professor (Bump and Set)
- John Hitchwa, TAHPERD Conference 2002 (2v2 Volleyball)
- Sandra Sims, TAHPERD Conference 2005 (Bump, Set, Serve)
- Other items included in this unit are best practices that have been observed

**Please consider checking out Mark B's blog & eBook**

<https://iteachmorethangym.wordpress.com>

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I Teach More Than Gym:  
 A Collection of Elementary  
 Physical Education Activities



This book contains complete lesson plans and easy to understand diagrams for 30 large group activities that my students love!  
 Available at:

<http://www.teacherspayteachers.com/Store/I-Teach-More-Than-Gym>

You can also browse through other free or individually priced resources!