



PE/Health Virtual Learning

**6th Grade/ Underhand Serve  
(Volleyball)**

April 15th, 2020



6th Grade/Physical Education  
Lesson: [April 15th, 2020]

**Objective/Learning Target:**

**Essential Question/ Objective:** How can I improve my serving (volleyball) technique?

**Learning Target:** LT1- I can identify critical elements to improve performance in selected skills.

\*Performs a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. (S1.M12.6)



## Warm-Ups

### **Let's Get Started:**

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of air squats--[Air Squat](#)
2. 10 second break
3. 20 seconds of leg lifts--[Leg Lifts](#)
4. 10 second break
5. 20 seconds of lunges--[Lunge](#)
6. 10 second break
7. 20 seconds of push-ups--[Push Ups](#)



## Warm-Ups Continued

Cardiorespiratory Endurance-

Jog around neighborhood/track/park or in place for 10 minutes.



## Practice:

Students are to practice the underhand serve in volleyball.

## Cues:

1. Face your target.
2. Hold the ball in medium space with your non-striking hand (imagine the ball sitting on a batting tee).
3. Use a bowling motion (step with the opposite foot and bring your striking hand back).
4. As your open hand comes forward, strike the ball with the heel of your hand.
5. Do not toss the ball in the air during the striking motion
6. Follow through toward your target.



## **Guided Practice:**

### **Underhand Serve to open area (backyard, park, gym, etc)--**

Just as it sounds, practice serving underhand repeatedly. As you're doing so, keep the proper underhand serving technique in mind. Make sure to face your target. Make sure to hold the ball in medium space with your non-striking hand (imagine the ball sitting on a batting tee), and use a bowling motion (step with the opposite foot and bring your striking hand back). As your open hand comes forward, strike the ball with the heel of your hand. Do not toss the ball in the air during the striking motion, and follow through toward your target.

As you're serving, try to visualize serving the volleyball over a net that is between the height of 7'6"-8'0". Once you feel comfortable serving, try to spot serve--meaning you're trying to hit the same location multiple times in a row. Continue to challenge yourself by taking steps back after successfully hitting the volleyball where you want to. Also, try experimenting with the height of your serve. Count the number of serves you believed to go over the net and then try to beat your record!



## Guided Practice:

### Underhand serve against the wall--

Underhand serve against the wall.

Stand about 25-30 feet away from the wall. Start by picking a spot on the wall and aiming your serve at that spot. See how many times you can hit that target you've identified on the wall.

Experiment with different distances and heights. This is also a great way to challenge yourself to improving your serving skills.



## **Additional Practice:**

Below is a link to practice underhand serving drills:

[Underhand Serve](#)

After you finish practicing, please review the rubric to see how you did!

## **Self assessment Rubric:**

[Guided Rubric](#)