



# PE/Health Virtual Learning

**6th/PE Health**  
**Overhead Set-Volleyball**  
**April 24th, 2020**



6th/PE/Health  
Lesson: [April 24th, 2020]

**Objective/Learning Target:**

LT1- I can identify critical elements to improve performance in selected skills.

**NASPE Standard:**

Demonstrates correct technique for basic skills in 1 self-selected individual-performance activity. (S1.M24.6)



April 21,2020

# Objective:

Students will be able to perform an overhead set in volleyball by squaring feet and shoulders to target, holding hands open above forehead with thumb and index finger close together, and bending knees when pushing the volleyball with hands.



## Essential Question:

What are the steps for the overhead set in volleyball?

\*Note: The overhead set in volleyball has many names. You may also hear it be called the set, or the overhead pass. This position on an actual volleyball court is called “the setter’s” position.



## Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You can use a volleyball, kickball, any medium sized ball, beachball.
- You can use a driveway space, a volleyball sand court, park, or any open space to practice this lesson.



# Practice: Warm-up

We are going to practice a warm-up you might actually use before a volleyball match. You can perform these at your selected location before you begin your overhead set activity:

High knees (perform 2 times down and back) [High Knees](#)

Side shuffle left (perform 2 times down and back facing same direction)

Side shuffle right (perform 2 times down and back facing same direction) [Side Shuffles-Left and Right Demo](#)

Arm circles forward 12 times

Arm circles backward 12 times [Arm Circles Forward & Backward](#)



## Practice: The overhead set

Here is an awesome video and explanation of the overhead set. Click on the link below to watch the person in the video practice the overhead set.

[The Overhead Set](#)



# Practice: The overhead set

Now let's practice our goal! Try and perform the overhead set 10 times straight up in the air. You can let the ball hit the ground between each of your 10 overhead sets. They do not have to be consecutive hits.

Step 1: Square up

Step 2: Forehead

Step 3: Bend and Push

Remember these cues during your overhead set!





## Additional Resources-Beginner Activities

**Not confident with your setting skills? That's OK!!**

**Start here and use this link to practice mastering the overhead set. It WILL help!!!**

**[Overhead Set for Beginners](#)**



Additional Resources- Intermediate-Advanced Activities

**Confident with your setting skills? Do you need more of a challenge?**

**Click on the link below to see if you can perform these setting activities!**

**[Setting Activities](#)**