

Volleyball Study Guide Physical Education

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Volleyball Study Guide Physical Education
SMOY Middle School Physical Education Grades 6-8. into play with a serve by the player in the right back position. When the ball is served, the receiving person typically uses a forearm pass or overhead pass to pass the ball to the setter. The setter attempts to set the ball to a hitter.

VOLLEYBALL Worksheet
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Volleyball Vocabulary ACE - A serve hit so well it is not returned BASELINE - The back line on a volleyball court BLOCK - To stop the ball from coming over the net BUMP - The first of three hits in volleyball, when you put your hands together and lift the ball with your forearms

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In this lesson, we explore the basics of the game of volleyball and the rules which must be followed in order to serve, set, and spike your way to victory in a match.

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THE SERVE: Server must serve from behind the end line (dark green/blue) until after contact. Ball may be served underhand or overhand. Ball must be clearly visible to opponents before serve.

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Middle School Physical Education. Volleyball Study Guide. Volleyball originated in 1895 at the YMCA in Holyoke, Massachusetts by William G. Morgan. Over the years the game has had changes into a more powerful game. It is an Olympic sport played by both men and women. Volleyball can be played in the gym, backyard, park or on the beach.

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o When setting the volleyball, you should use your finger pads for maximum control of the ball. o It is best to use the set when the ball is above your shoulders. o The forearm pass is also referred to as the bump. ... Physical Education > Volleyball Study Guide

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Physical Education / Volleyball Basic Rules

In the Physical Education classroom, students build their knowledge and level of physical fitness, explore and learn a wide variety of neuro-muscular skills, and develop responsible social behaviors that promote personal and group success.

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Volleyball & Newcomb Unit . Volleyball Study Guide . THE SERVE . A. Server must serve from behind the yellow line. B. Ball may be served underhand or overhead. C. Ball must be clearly visible to opponents before serve. D. Server must announce the score before each serve.

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