

Volleyball Serve Challenge

CHALLENGE:

- Students have 5 minutes to complete as many serves over the net and onto the target mat as a team.

ORGANIZATION:

- Form groups of 4 to 6 students.
- Type of serve can be modified to accommodate the skill level of the students (ex: underhand serve, overhand serve or a throw.)
- Net height and service line can be modified to accommodate the skill level of the students.
 - EXAMPLE: Grades 5 & 6-Serve behind service line with net at full height, (Overhand, underhand, teacher decides)
 - Grades 3 & 4-Serve in front of the service line and behind the t line with net at full height (Overhand or Underhand, Throw, teacher decides)
 - Grades 1 & 2-Serve from the t line and badminton height net. (Throw underhand toss or overhand toss, teacher decides)
- Use mini volleyballs, MVA 123 SL if possible.
- Students take their serve, retrieve their ball, pass the ball to the next person in line and go to the back of the line, this continues until time runs out.
- Target mat should be placed where position 6 stands when the team is in a W formation.
- The minimum goal to receive one draw credit is: **Cycle 1:** 5 serves **Cycle 2:** 10 serves **Cycle 3:** 15 serves- **Bronze Level**
- The minimum goal to receive two draw credits is: **Cycle 1:** 7 serves **Cycle 2:** 15 serves **Cycle 3:** 20 serves- **Silver Level**
- The minimum goal to receive three draw credits is: **Cycle 1:** 10 serves **Cycle 2:** 20 serves **Cycle 3 :** 25 serves-**Gold Level**

EQUIPMENT:

- 1 volleyballs (per team)
- 1 volleyball net (for every 2 teams)
- 1 mat (per team)
- Student observer & result sheets (per team)

DURATION:

- 5 minutes

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