

Volleying

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to strike a balloon upwards.
2. Is able to strike with different body parts.
3. Is able to strike lightweight objects.

Grade One

1. Is able to strike lightweight objects non-continuously with different body parts.
2. Is able to strike lightweight objects upward. (Underhand pattern)
3. Is able to strike a ball non-continuously with different body parts.

Grade Two

1. Is able to strike a ball upward. (Underhand pattern)
2. Is able to strike a ball to the wall. (Underhand pattern)

Grade Three

1. Is able to strike over a low net. (Underhand pattern)

Grade Four

1. Is able to play Four Square. (Underhand pattern)
2. Is able to volley a ball upward. (Overhand pattern)
3. Is able to volley with a partner. (Overhand pattern)

Grade Five

1. Is able to play Keep-It-Up
2. Is able to play one bounce volleyball.
3. Is able to strike to a wall-varying levels, force, and body position.