

STEM
sports[®]

science • technology
engineering • math • sports


VOLLEYBALL

Module 5.1

Improving Serving

GRADES 3rd – 5th





MODULE
5.1



GRADES
3-5

What Do You Need?

Supplies Provided

[Worksheets](#), First Touch
Volleyballs, Light Touch
Volleyballs and Tape
Measures

Materials Needed

Pencils

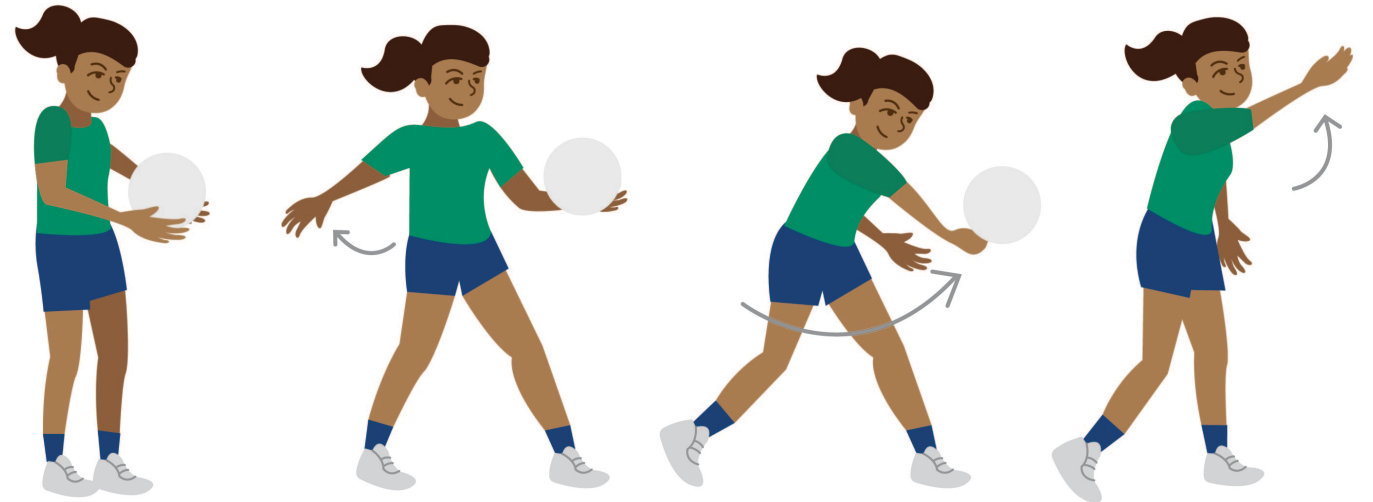


Test Your Knowledge

Have your students take this lesson's assessment prior to engaging by visiting: <https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.

Engage

Work on your Underhand Serve and record on the [worksheet](#).



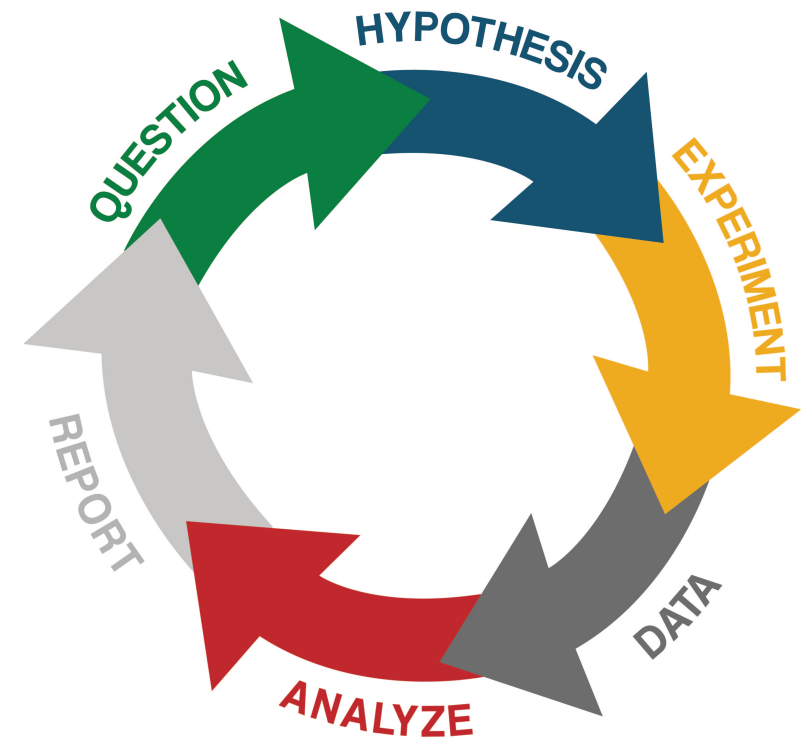
Explore

Perform your experiment outlined
on the [worksheet](#).

Explain

Understand the
Scientific Method and
how and why it is used.

Scientific Method



Elaborate

Collect data and use the [worksheet](#) to test and improve outcomes.

Evaluate

Use experimental evidence to justify if you were successful or not.



What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting: <https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.



Extend

Challenge Yourself!

Select your own variable from
the lesson and test.



What is your Dream Job?

STEM Jobs in Sports

- Strength and Conditioning Coach
- Sports Analyst
- Coach
- High School: Volleyball Sports Theory Teacher
- Scout



To access Worksheet Keys, please visit www.STEMSports.com/digitaltools

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