

ACCURACY

(noun)

The quality of being correct, precise,
or on target.

Amy has excellent accuracy. All of her passes go
exactly where she wants them to go.



ACHIEVE

(verb)

To successfully reach a desired outcome or result.

Susan achieved her goal of being able to successfully underhand serve a volleyball over the net.



ALTERNATE

(verb)

The action of rotating or taking turns.

We were able to alternate using a set and a bump during the volleyball activity.



ANTICIPATE

(verb)

To analyze a situation and use that information to predict what will happen next.

Darius anticipated that Melissa was going to hit the volleyball to his right.



BOUNDARY

(noun)

A line that marks the limits of an area.

We used four cones to mark the boundary lines for the game.



BUMP

(noun)

When a player uses their forearms to pass to a teammate or hit the ball over the net.

Sarah and James were able to successfully bump the ball back and forth with one another.



CHALLENGE

(noun)

Something that presents difficulty and requires effort to master or achieve.

Marcia was very fast, so it was a challenge to catch her before she got to the other side of the court.



COMPETE

(verb)

To take part in a contest. To strive to do your best while playing against an opponent.

Sam likes to compete in physical education activities and works to do his very best while showing respect to his classmates.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

The team demonstrated cooperation in order to score points as a team.



DEFEND

(verb)

The act of trying to stop an opponent from scoring a goal or point.

Our team was tasked with trying to defend our side of the court during the game.



ENCOURAGE

(verb)

To offer support, confidence, or hope to someone else.

The team encouraged one another throughout the activity, which helped everyone stay motivated to do their very best.



ESTIMATE

(verb)

A rough or approximate calculation.

Our team is trying to estimate where the volleyball will go after our opponents hit it over the net.



FEEDBACK

(noun)

Information provided in reaction to a performance, action, or piece of work.

Mr. Hart gave Gina feedback on her performance and told her how she could improve.



GOAL

(noun)

An aim or desired result.

Miranda set a goal of improving her serve.



INTEGRITY

(noun)

The quality of having strong moral principles.

The best teammates are those who have a positive attitude and always play with integrity.



NET

(noun)

An object that separates two teams and shows where an object must pass over during a game.

We are working to get our underhand serve over the net.



PARTNER

(noun)

A person who plays on the same team as another person.

Carson was excited to work with Anna as his partner.



PASS

(verb)

To move an object from one space to another.

Josh passed the ball directly to Javier so that it would be easy to hit over the net.



RALLY

(noun)

The act of hitting a ball back and forth between players before a point is scored.

Kaitlynn and Andrew built a rally with consecutive bumps and sets.



ROTATE

(verb)

To move or change positions with another person or team.

Our team rotated clockwise after each game.



ROTATION

(noun)

To move or change positions in a regularly recurring order.

Our team used a rotation in order to get everyone equal playing time during the game.



SCOOTER

(noun)

A wheeled object that is ridden while sitting down and utilizing your feet to move you from one place to another.

Miranda made sure to follow the safety rules while riding on a scooter during the game.



SERVE

(noun)

The act of hitting or sending a ball into play to start game play.

Mary demonstrated an excellent serve to the other team to get the game started.



SERVER

(noun)

Person whose responsibility is to get the ball over the net to start game play.

The server got two chances to get the ball over the net during our game.



SET

(noun)

Strategic overhead passes between players in order to position the ball to be hit over the net.

Jeff performed a set in order to allow Nora to hit the ball over the net.



SPIKE

(verb)

To hit a ball with a powerful, overarm motion so that it travels down into the area your opponents are defending.

You will need a lot of speed if you want to save a spike hit on the other side of the court.



SUPPORT

(verb)

To give help, assistance, and encouragement to someone or something.

It is important to support your friends as they work hard to meet their goals.



TARGET

(noun)

An object or place selected as the aim of attention or attack.

The open area on the volleyball court is the target for where to hit the ball.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

Belle and Nina displayed incredible teamwork as they completed the Helpful Net activity.



TOSS

(verb)

To throw something lightly or gently.

Tom attempted to hit the volleyball after Susie tossed it to him.



TRACK

(verb)

To anticipate where a ball/object will go and move to that area to prevent the opponent from scoring a point.

We are working to track down the volleyball to be in position to prevent our opponent from scoring a point.



UNDERHAND

(adjective)

Executed with the arm or hand below shoulder level.

Jamie is working hard on his form for the underhand serve.



VOLLEY

(verb)

To hit a ball or object up into the air repeatedly without catching it.

Wendy volleyed the ball up into the air three times.

