

Volleyball

End of Unit Goal - Children will be able to return the ball back to another person during a competitive game.

| | Objective | Outcome | Session | Resources | Key Vocabulary |
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| 1 | Assessment - Cold Task | | <p>Warm Up- Jump Start Johnny dance clip to be play on the IWB. Children to copy the dance moves from the screen. Can they notice any change in their bodies as they are beginning to exercise?</p> <p>Recap- what throws have we looked at this year (think about dodge ball etc) recap over arm, under arm, chest pass. Children to discuss ways to throw and catch different objects in pairs.</p> <p>Assessment - Children to be split into two teams and play a game of Volleyball. Record the game using Swivl. Children to watch the recording of their game back. Are they any ways they can think they can improve? What skills do we need to learn in order to improve how we play volleyball?</p> <p>Teach- look at the different stations think about what to do. Encourage the children to think about the skills they will use themselves to see if they can transfer it to different situations.</p> <p>Station 1- volley balls- can they use their hands to hit the ball backwards and forwards to each other?</p> <p>Station 2-hoops- how many ways can you make a hula hoop move. Can they spin, roll, throw, catch, stop, use different parts of their body. Remind the children they have to show control.</p> <p>Station 3- basketball- leave a range of balls and beanbags out. Can the children get them in the nets? Which throw works best and why?</p> <p>Station 4-bean bags- children to work in pairs to use a range of throws to pass a bean bag between them. What is best for long/short distance etc.</p> <p>Apply- split children into small groups and work around each station.</p> | <ul style="list-style-type: none"> • Balls • Swivl • Ipad | <ul style="list-style-type: none"> • Under arm pass • Technique • Catch • Control • Space • Score • Points • Catch • Stop • Underarm • Over arm • Chest pass |

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| | | | Cool Down- Mirroring- children to work in partners, copy each other's stretches. | | |
| 2 | To be able to chase, stop and control balls and other objects such as beanbags and hoops | Children will be able to throw a ball at a target. | <p>Warm Up- Put a range of balls and bean bags out. Children to throw them in the air and catch them.</p> <p>Recap/Teach- Use as a session to recap throwing and catching skills taught previously in the year. Talk over the steps for throwing at a target- look at where you're throwing it, think about how much power you need. Catching- hands ready, eyes on the object you are catching move towards it.</p> <p>Apply- Play Throwing and catching games: Bean Bag Golf Set up a miniature golf course on the yard of different lengths with spot for the tee and a bucket or cardboard box for the hole. Children to start at the first tee and attempt to throw their beanbag ball into the bucket with as few throws as possible. The children should throw one at a time until everyone has completed the hole. Children to be put in small groups and rotate around the holes.</p> <p>Move this on to throwing it to each other to get it in the bucket. Children to stand on set spots, pass it to each other to get it in the bucket, if they drop it they have to start again. How many bean bags can they get in the bucket.</p> <p>Cool Down - Children to jog around the hall, every time they hear the whistle they need to get slower and slower until they stop. Once all children are stopped do some calming breathing exercises and stretch.</p> | <ul style="list-style-type: none"> • Beanbag ball • Buckets • Spots | <ul style="list-style-type: none"> • Under arm • Pass • Technique • Catch • Control • Space • Score • Points • Catch • Stop • Underarm • Over arm • Chest pass |
| 3 | To be able to send an object with increased confidence using hand or bat | Children will be able to throw a ball back to another person. | <p>Warm Up: Develop stamina using jumpstart Johnny clips. Talk about the importance of this and why we need to do it.. Jogging and stretching. Warm up of arms and fingers.</p> <p>Recap: Under arm throw. Introduce the ball. Show that it is non sting. In 2 groups, adult float between groups, pupils in a circle with one in the middle, middle child throws ball underarm to someone who catches and then returns it underarm. T and TA to ensure throwing technique is correct.</p> <p>Teach- Then make a diamond shape with fingers, with hands above forehead elbows out to the side. (You can do this sitting down as it makes them push up with their arms to get the</p> | <ul style="list-style-type: none"> • Volley balls (pink) | <ul style="list-style-type: none"> • Volley ball • Under arm • Volley • Pass • Technique • Feed • Catch • Control |

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| | | | <p>ball in the air.)Underarm feed to pupils and they catch the ball in the diamond. Push the ball upwards and forwards. Do not drop hands to chest like a chest pass. Repeat around circle and then miss out the catch by getting them to bend their knees, elbows out to the side, push the ball upwards and forwards back to the feeder / teacher.</p> <p><i>This practice can also be done in pairs / threes dependant on amount of balls, but the feed must be underarm and drop into the diamond.</i></p> <p>Apply: In groups of 4 or larger play "Keep the ball up". Ball fed in underarm, pupils have hands ready (diamond), move into the ball and volley it up into the air. If team drop ball to the floor then other team get a point. Who will have the most points in 5 minutes?</p> <p>Cool Down- Cool Down Caterpillar- children to line up and follow the leader and copy their stretches.</p> | | |
| 4 | <p>To be able to send an object with increased confidence using hand or bat</p> <p>To move towards a moving ball to return with hand or bat</p> | <p>Children will be able to throw a ball back to another person</p> | <p>Warm Up.- Jump start Johnny stamina clips- discuss why these are important. Have them improved and how do they know? Cone game- children to be split into two teams. Scatter cones around the room, some upside down, some the right way up. On the whistle, one team has to put as many cones the right way up as possible, the other time upside down. Which team can turn the most in two minutes? Repeat.</p> <p>Recap: In 2 groups, put children in a circle, middle child to throw the ball to each child underarm to recap the volley (diamond shape with fingers, with hands above forehead, elbows out to the side.) How can we keep this in play? Ensure children are moving towards the ball.</p> <p>Teach: What happens when the ball is below shoulder height? Discuss. Remind the children we can't catch it and throw it in the air. Teacher to model the dig. Children are to make a fist with one hand with their thumb on top. They then wrap their other hand around the fist placing their thumb next to the other thumb. Children then hold their arm out straight in front of them. They bend their knees and knock the ball up. They hit the ball with the fleshy part of their arm. T/TA to model this. Children to then practise in pairs.</p> <p>Apply- Children to go back into circle. Children to take it in turns to stand on the middle. Feed it to the children, children to decide whether they need to do a volley</p> | <ul style="list-style-type: none"> • Volley balls (pink) | <ul style="list-style-type: none"> • Volley ball • Under arm • Volley • Pass • Technique • Feed • Catch • Control • Dig |

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| | | | or a dig. Cool Down- Jump start Jonny cool down clips. | | |
| 5 | Score points against opposition over a line/net | Children will be able to return a ball back to another person. Children will take part in a | Warm Up: Jump Start Jonny clips. can children beat their previous attempts. How do they know they are getting better? Discuss changes in their body from now to the start of the session. Underarm throwing station 2 Have the kids try to throw their beanbag into a bucket Recap: Recap the height and how to get the volleyball over the net. Children to practise digs and volleys in their partners. Teach- Look back over the game from the previous session. Talk about what we need to improve to help us play a game. Apply- With two children on each team, support children in passing the ball between then using digs/volleys. This will likely be the area they need support. Children who are struggling to get it over the net could use a bench. If struggling with volley, can children use lots of small digs to keep the ball up in a small team. Cool Down- Silent sandman. Children to walk around the hall. Pick one child to be the silent sandman, he has to point at people in secret. If you are pointed at you need to dramatically fall asleep and lie on the floor. Practise slow breathing until all the class are on the floor asleep. | <ul style="list-style-type: none"> • Bean bags • Volley balls • Net | <ul style="list-style-type: none"> • Volley ball • Under arm • Volley • Pass • Technique • Feed • Catch • Control • Dig • Net • Space |
| 6 | Assessment - Hot Task | End of Unit Goal - Children will be able to return the ball back to another person during a competitive game. | Warm up- move around the hall in different ways. Teacher to shout 'dig' or 'volley' children to get into that position and freeze that way. T to also shout change and the children have to change direction and head into a space. Recap- Discuss all the skills we have learnt over the unit. How can we apply these in a game. Discuss rules of volley ball. Assessment - Children to take part in a volley ball tournament. T to offer feedback throughout and remind them of positioning, where they could aim a ball and how to improve their aim. Record one of the game using Swivl. What did we do well? Plenary- Together as a class create a mind map of all of the skills that we have learnt in this unit. | <ul style="list-style-type: none"> • Balls • Swivl • Ipad | <ul style="list-style-type: none"> • Under arm pass • Technique • Catch • Control • Space • Score • Points • Catch • Stop • Underarm • Over arm • Chest pass |

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