

**Learning:** In year 3, children will continue to develop hand eye co-ordination (skills developed in the Ball skills unit in KS1). They will be introduced to the ready position and apply it to various activities. They will learn the importance of the flight of the ball and moving to receive it. They will also be introduced to the self-feed volley. Children will play an adapted volleyball game, focusing on playing fairly and being gracious in victory and defeat.

## Physical Me

**Throw** - Underarm

**Catch** - One-handed and two-handed

**Running** - Footwork, moving in different directions

**Co-ordination** - Hand-eye

**Balance** - Ready position

**Agility** - Changing direction quickly

## Key Skills

### Thinking Me

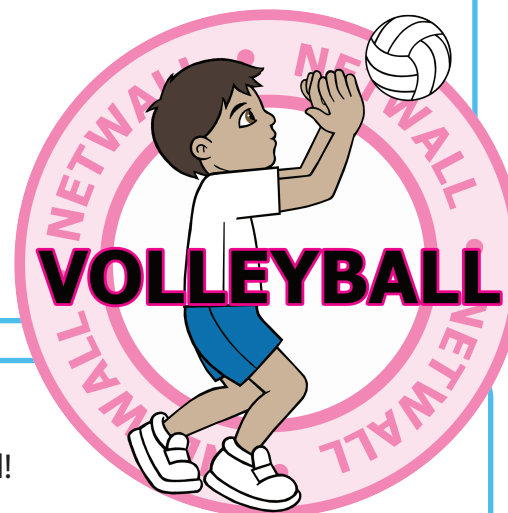
- Recalling information
- Decision making

### Social Me

- Encourage others
- Communication

### Value Me:

- Respect
- Honesty
- Fair Play



## Key Vocabulary

Contact

Flight

Ready Position

Control

Volley

Peak

Receive

Target

Feeder

## Key Knowledge

**Control**- How hard or soft you hit the ball. Keeping the ball under control!

**Ready Position**- In volleyball this is when you put your body in the correct position to play. The Ready Position is one of the most important parts of playing volleyball. Performing this move correctly should enable any player to react faster and get to the volleyball quicker.

**Volley**- Playing the ball above head height with two hands. If someone performs a volley they hit the ball before it touches the ground.

**Peak**- The highest point of the ball while in flight, from sender to receiver.

**Contact**- Touches of the ball.

**Flight** -It is tracking an object in flight and moving into position to receive and return the ball.