

Prior Learning: In year 3, children continued to develop their hand eye co-ordination. They were introduced to the ready position and began to apply it to various activities within the unit. They learned the importance of the flight of the ball and moving to receive it. They were also introduced to the self-feed volley. Children played an adapted volleyball game and focused on applying their newly learned skills, playing fairly and being gracious in victory and defeat.

Key Skills

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

Value Me:

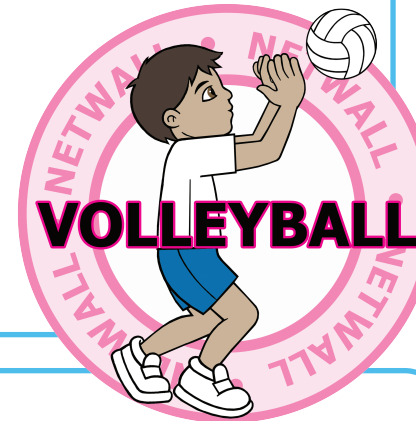
- Perseverance
- Honesty
- Fair Play

Social Me

- Encourage others
- Communication

Thinking Me

- Recalling information
- Decision making



Key Vocabulary

Self- Feed

Continuous

Distance

Opposition

Rally

Serve

Court

Space

Key Knowledge

Self-feed- When a player catches the ball and then tosses the ball to themselves before volleying.

Rally: The number of touches between the teams/players that begins with the serve and ends when a team scores a point or there's a dead ball.

Serve: Playing the ball over the net into the opposition's court to start the point.

Key points of the underarm serve:

- Stand sideways on.
- Transfer your bodyweight from the back leg to the front leg (**rock**)
- Contact the ball underneath with your fist.
- Hit the ball out of your other hand, NOT from a toss.