

Prior Learning: In Year 5, children recapped and revisited a number of skills including the ready position, self-feed, volley and serve. They were introduced to new skills, the set and dig. They played a new and adapted game of volleyball called Volley2's. In this game children began to combine their skills and incorporate them within the game situation.

Physical Me

Throw, Catch, Volley

Running/Agility - Footwork, moving in different directions at speed

Speed- Moving across the court, speed of serve/shot

Co-ordination -Hand-eye, footwork

Balance- Moving into position

Power- of shot

Accuracy, Control and precision- of shot

Key Skills

Thinking Me

- Reacting to shots
- Anticipating shots

Value Me:

- Resilience
- Integrity (being honest)

Social Me

- Co-operate with others
- Collaborate with others



Volley2's Rules

-There must be 3 touches of the ball before it goes back over the net

-3 serves in a row for any player

Your team win a point if:

- The ball touches the floor on the oppositions side of the court - including the lines, this is "in."
- A team plays the ball more than three times on their side of the court.
- A player plays the ball twice in a row.
- A team plays the wrong shot e.g. serve should be underarm throw.
- A player doesn't pass the ball over the net with two hands.

The opposition wins a points if:

- The ball contacts the floor outside the court markings or hits an object e.g the post this is "out."

Key Vocabulary

Anticipate

Strike

Ball Placement

Trajectory

Receiver

Rotate

Baseline

Key Knowledge

Anticipation: One of the key abilities of a good volleyball player is anticipation. It's an ability to predict with very high probability what the opponent will play.

Trajectory: The distance between the start and the finish is covered by a trajectory that is determined by many elements such as the angle of the start, the direction, and the speed of the ball.

Ball Placement: This is placing shots into open spaces on the court or playing area, away from the opponents, so that they are unable to return it.

