

Learning Intention: How can you move to **receive** the ball?

## EQUIPMENT:

- Soft touch volleyballs
- Cones/spots x 60
- Activity 3-any balls

I can attempt to move to receive the ball

I can move into position to receive the ball

I can quickly move into position and receive the ball at various heights

**Yr 3 Key words: Contact, Control, Ready Position, Flight, Volley, Peak, Receive, Target, Feeder.**

## WARM UP:

Opposites – teacher calls “Go” – the class stops – teacher calls “Forwards” – the class runs backwards etc.

Teacher can give commands verbally or non-verbally e.g., through pointing.

**Linking learning**- we used this warm up in tennis- encouraging us to always look forward and towards the net!

## Activity 1:

1. Can you experiment with different ways of catching the ball?

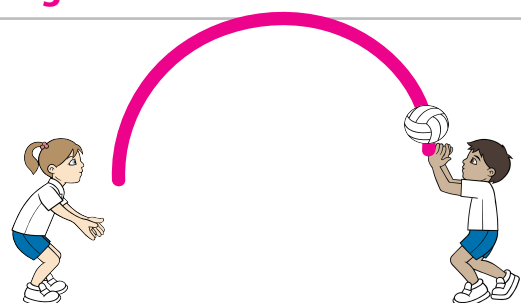
Q&A: What stance should you be in when you **receive** the ball? **Ready position.**

2. Child throwing the ball – is to throw in a rainbow shape (recap of prior learning)

**Make it harder:** Can you make your partner move to catch the ball?

Ready, steady, Go:

- Ready: Get into **ready position**
- Steady: Balanced - Hands above head to **receive** the ball
- Go: Move into position to get in line with the **flight** of the ball



## ACTIVITY 2: Move and Catch

Child A (is the **feeder**) they throw the ball in a rainbow shape to one of the cones/spots (for their partner to move to and **receive** the ball).

Child B starts in **ready position** in the middle of the cones- they are to move to a cone quickly to catch the ball.

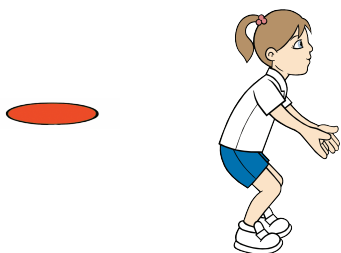
**Make it easier:** Throw only left or right / Allow the ball to bounce once before catching.

**Make it harder:** Make the area larger, add more spots.

**Linking learning-** The **ready position** is the same as tennis – always facing forward, anticipating where the ball is going.

**Q&A :** Why is it important to always face forward?

You should always face the direction of play and where the ball is coming from.



**Make it harder: Add more spots**

## ACTIVITY 3: Catch it!

1v1 pairs.

This game encourages you to catch the ball at different heights and to move into position to play the ball.

Take it in turns to throw the ball to each other (rainbow shape). Catch the ball in the correct position and you win a point. First to 5 points wins the game.

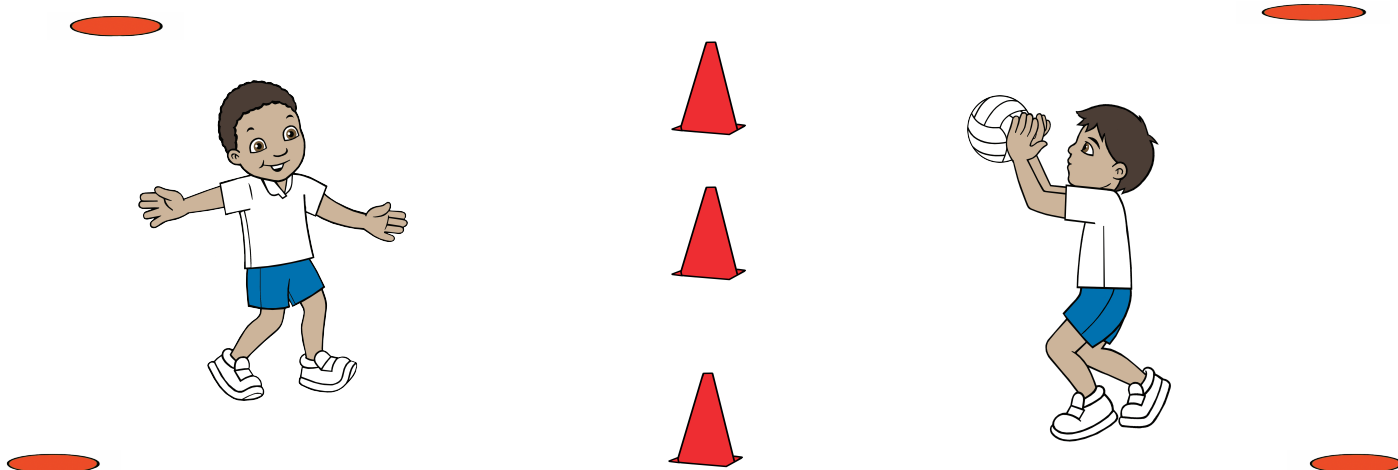
**Game 1:** You can only catch the ball above your head – with two hands.

**Game 2:** Catch the ball at knee height- with two hands.

**Game 3:** Call and catch- player who throws the ball calls how they want their partner to catch the ball as soon as the ball has left their hands.

**Q&A:** How should you stand when getting ready to receive the ball?

You should stand in the **'ready position'** facing the net, when receiving the ball.



Remind children not to turn their back to the net/opposition

### COOL DOWN

*Repeat the warm up – slower paced.*

### PLENARY

*What was your favourite part of the lesson? Why is it important to move quickly to receive the ball?*