

Learning question: How can you **self feed** the volleyball?

I can self-feed the ball and catch it above my head

I can attempt to volley the ball after a self-feed

I can volley the ball towards a target after a self-feed

EQUIPMENT:

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

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 run 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:

1v1 pairs – recap of prior learning - rainbow throw.

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

Take it in turns to throw the ball to each other (rainbow shape). If you can catch the ball in the correct position you will then win a point. First to five points wins the game.

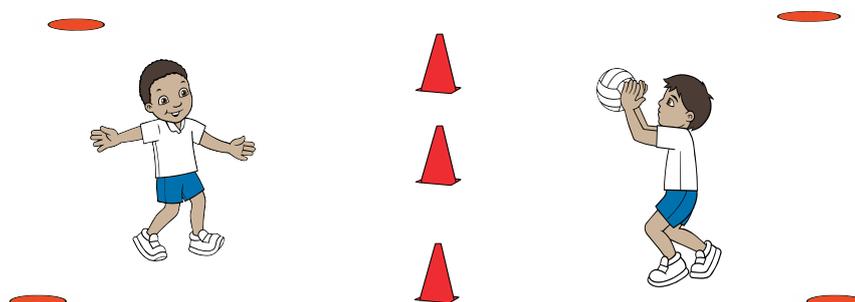
Game 1: You can only catch the ball above your head – with two hands.

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.



ACTIVITY 2: Self feed volley

Q&A: What is a **volley**? Playing the ball above head height with two hands.

Head- Place hands in front of forehead. (hands in diamond shape)

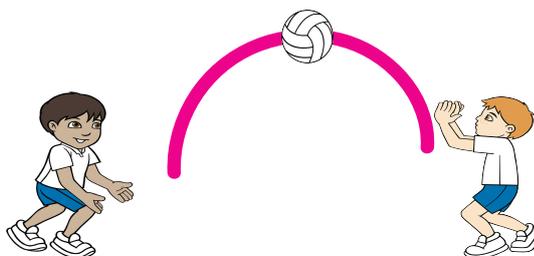
Shoulders – Face shoulders in the direction you want the ball to travel.

Knees – Bent and feet balanced.

Toes -Right foot forward, left foot back.

Volley- Push the ball upwards- remember rainbow shape!

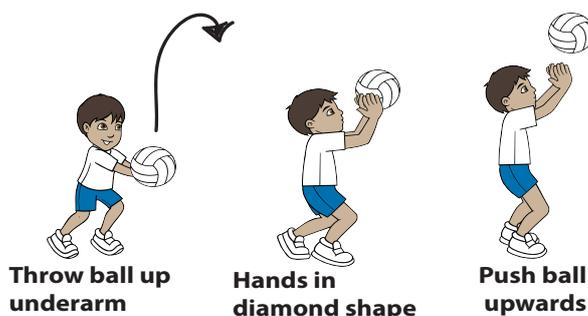
1. Working in pairs, children to take it in turns at experimenting with pushing the ball to each other (hands above head height) – remember: in a rainbow shape



2. Throw to each other and catch the ball above your head

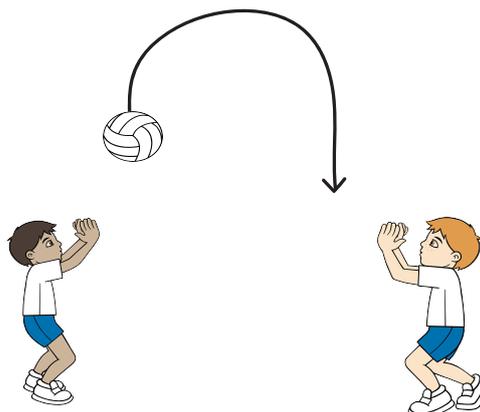


3. **Self-feed** and **volley** the ball in a rainbow shape (take it in turns)



Can children be mini coaches with their partner? Are they in the correct position?

4. **Self-feed** and **volley** the ball to your partner- in rainbow shape.



ACTIVITY 3: Feed the fish

Game 1: Feed the fish

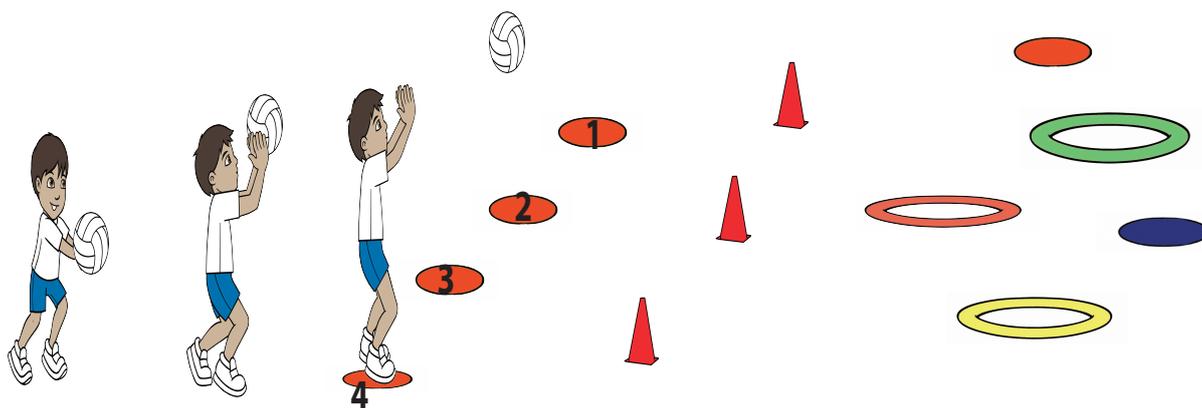
Player self-feeds above forehead and volleys the ball into/onto the **target**

Every time you hit the target you have fed the fish and win a point.

Children to start on spot 1, 2, 3 or 4 – Can they try feeding the fish from the different spots?

Q&A: How do you make the ball go nearer or further away?

Note: you can play this with or without a net. Remember, if without a net, the ball must travel in the shape of a rainbow, above head height.



Game 1

Self feed the ball

COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? How did you perform a *self-feed* volley?