

Learning question: How can you play an adapted game of volleyball?

I can play and accept the rules.

I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time.

I can play and embrace the rules, being gracious in victory and defeat.

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: High Five's

Children move (skip, jump, jog) around in a space. When the teacher calls one of the following commands, the children find a partner and follow that command.

High Five: Jump up high and touch your partner's hand.

Low Five: Bend down low and touch your partner's hand.

High Ten: Jump up high and touch your partner's two hands.

Low Ten: Bend down low and touch your partner's two hands.

Ready Position: Quickly get into **Ready Position**

Safety: When bending down to touch hands, make sure the children look up.

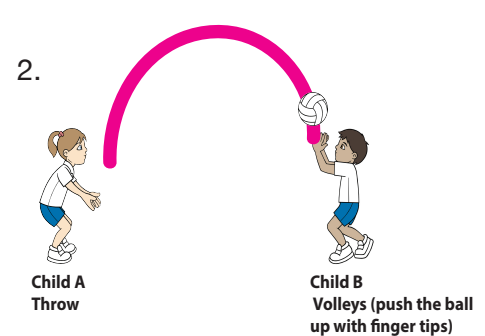
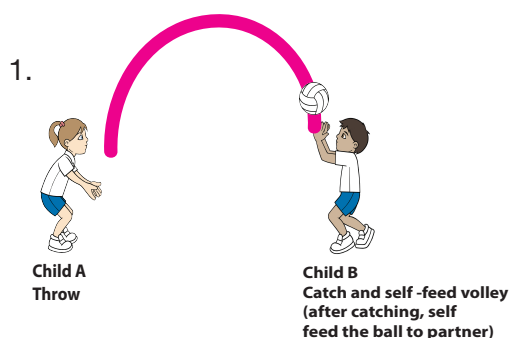
Activity 1:

In pairs:

1.
Child A throws underarm (2 hands) aiming above Child B's head.
Child B catches and self feeds the ball back to partner A.

Complete 5 times and then swap.

2.
Child A throws underarm (2 hands) aiming above Child B's head.
Child B volleys the ball back to partner A.



Activity 2

In Pairs.

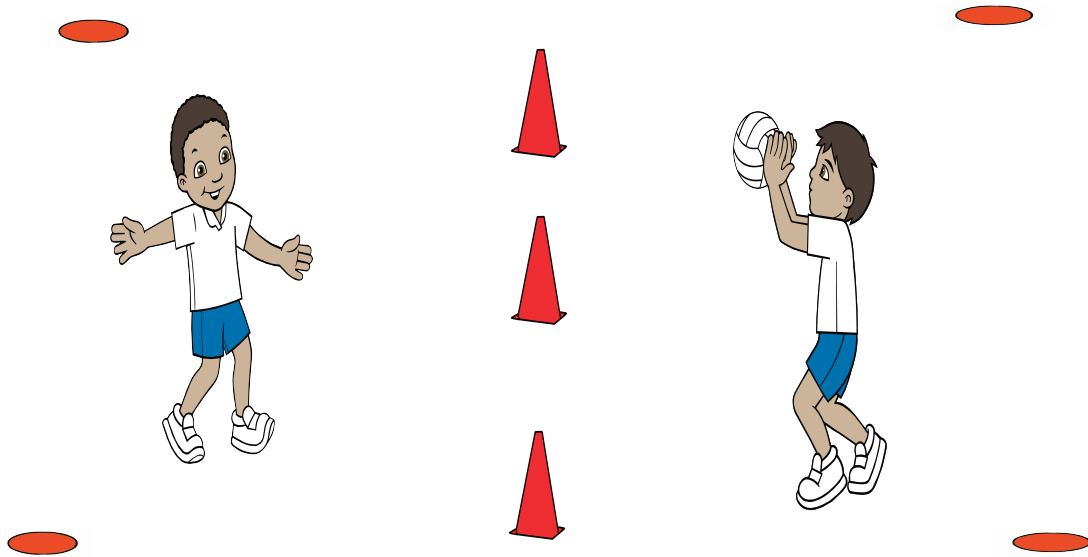
Child A self feeds the ball to child B

Child B catches the ball and **self-feeds** the ball back to their partner and so on...

How many can they complete in a row?

Make it easier: Use a beach ball.

Challenge: Can they **volley** the ball to each other continuously and count how many they can complete without dropping the ball?



ACTIVITY 3: 1 v1

Child 1 Throws the ball underarm to their partner.

Child 2 Catches the ball and returns it with a self-feed volley.

Continue play until the ball touches the floor or is out of the court.

Players are attempting to outwit their opponents- and to score points.

They score 1 point when the ball touches the floor, (court) or if it is played into the net.

Children to play first to 5 points.

They can rotate around to play other children.

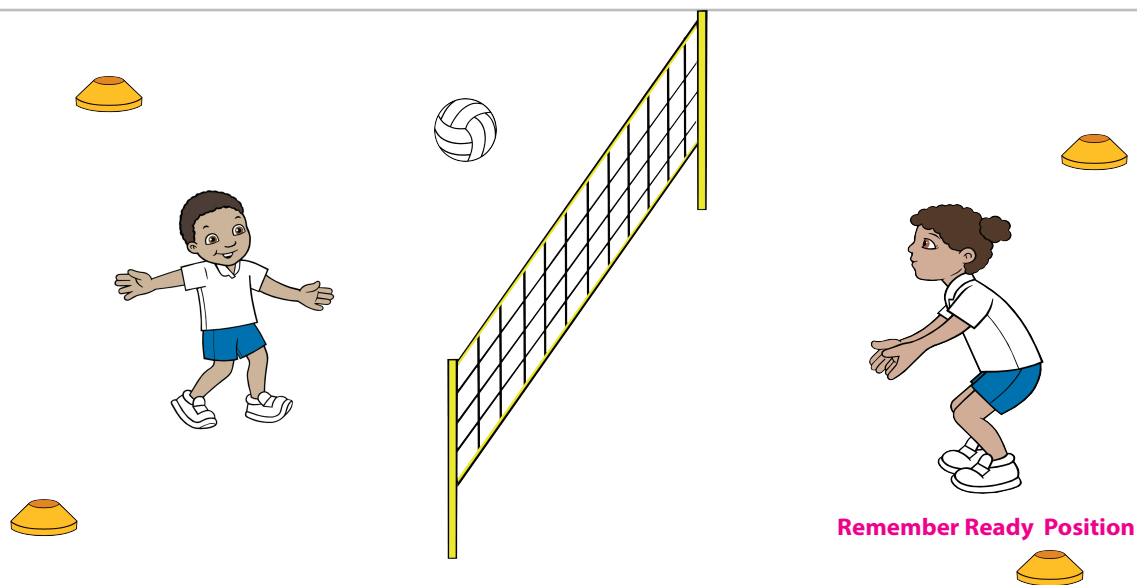
Q&A: What is important about your position when you return the ball?

It is important that children face the direction they intend to play the ball before **contact**.

RST (Rules, Strategies and Tactics): Where do you need to play the ball to beat /outwit your opponent?
Into a space out of their reach.

Make it harder: Volley straight back.

Make it easier: Use a beach ball.



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? Can you tell me something you may have learned over the last six weeks? How are you now able to take what you have learned into a game situation?