

Learning Intention: How can you throw a ball in a rainbow shape?

EQUIPMENT:

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

I can throw a ball underarm in a rainbow shape with control

I can throw a ball to my partner underarm in a rainbow shape, with good control

I can throw a ball in a rainbow shape with control to hit a target

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

Yr 4 Key words: Self-feed, Distance, Opposition, Continuous, Rally, Serve, Court, Space.

WARM UP:

The class is to spread out and face the teacher – Teacher points left – class side steps to their right, teacher points right, class side steps to their left.

Teacher can give commands verbally or through pointing.

Recap of prior learning - Children to always start in the ready position



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

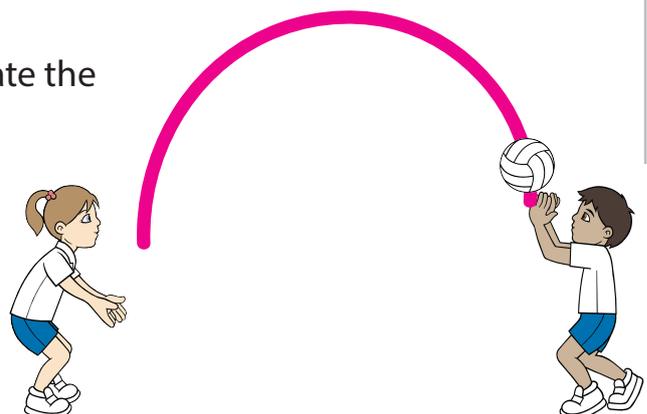
Activity 1:

In pairs:

1. Children to experiment with throwing the ball up in the air and then partner to catch the ball.
2. Repeat this again- this time when the ball is throw up into the air both children are to clap their hands when:
 - A) The ball reaches the highest point of its **flight** path – the peak!
 - B) When it bounces on the floor.

Q&A: Why is it important to be able to anticipate the **flight** of the ball?

Answer: It helps a player to get into the best position to play the next shot or pass.



ACTIVITY 2: Hit the rainbow.

In fours.

Child A feeds the ball in a rainbow shape to their partner (Child B)

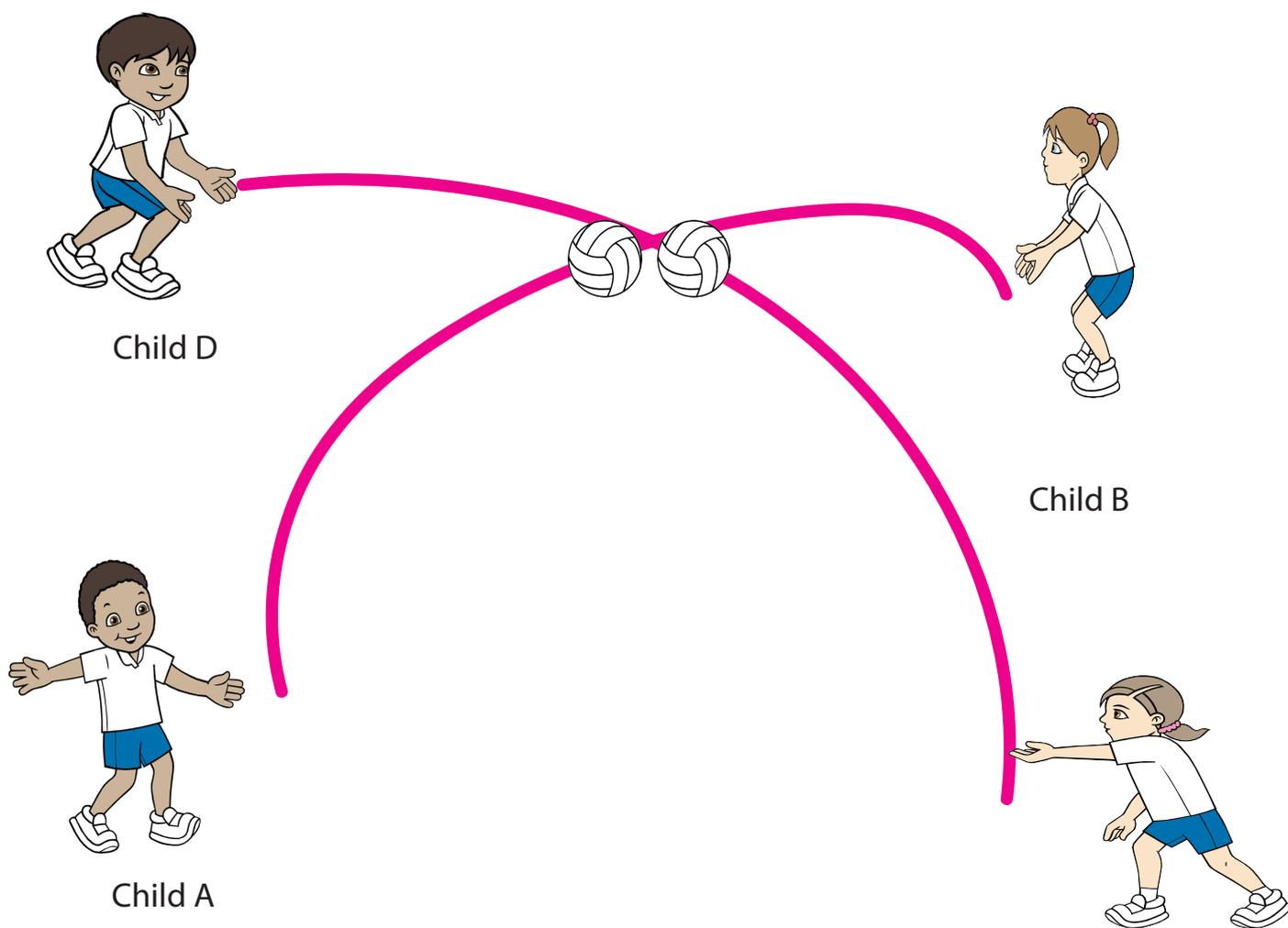
Child C feeds the ball to player D – however they are trying to hit the other teams ball while it is in the air!

Teams to change as to who throws the ball first.

Rules Strategies and tactics (RST): Talk to your partner – what tactics can you come up with to make sure you hit the other teams ball?

Make it easier: Children to roll the ball

Make it harder: Move further away.



Q&A: Why is the **flight path important in volleyball? This allows your team time to get into position to play a shot.**

ACTIVITY 3: Pots of Gold

2v2 or 3v3- (2-4 balls per team) Place throw down spots or strips on the floor

Collect your Gold. The aim is to collect as many pieces of gold as you possibly can.

Game 1 Rules:

Children must throw the ball over the net (strips/cones) in a rainbow shape.

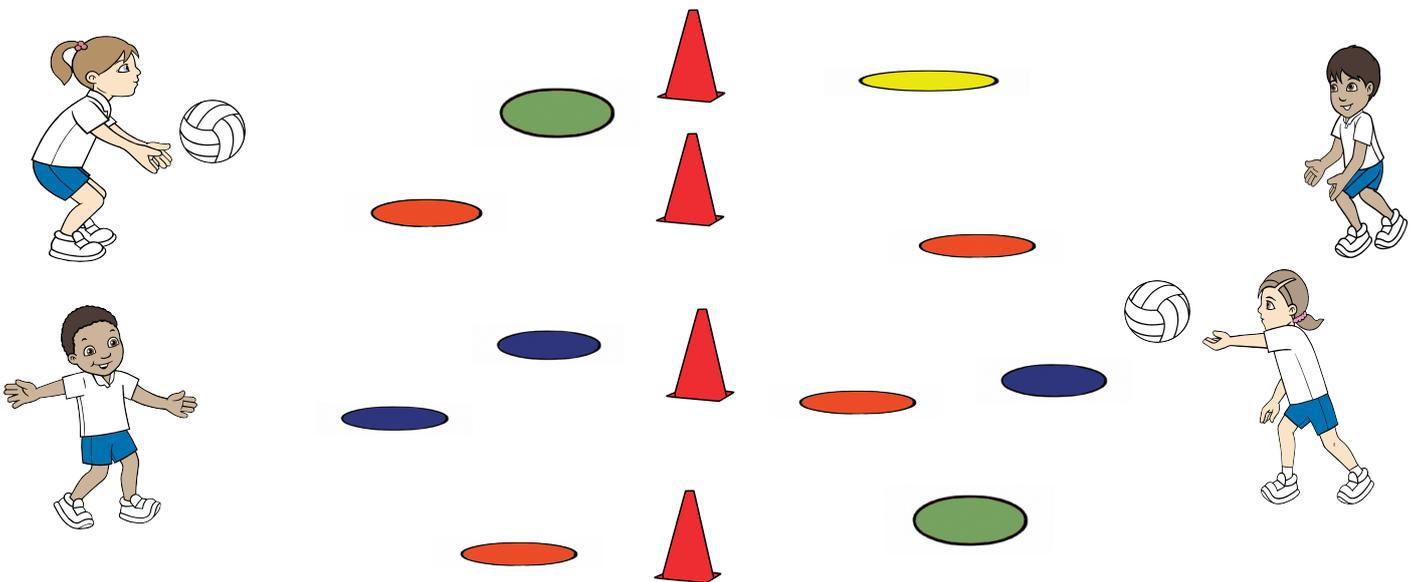
If the ball hits the gold, the **opposition** must give you their gold (the spot or hoop)

Game 2 Rules:

Add an **interceptor**- If you catch your opponents ball in the **ready position**- you can take a piece of their gold. Or, catch the ball in the **ready position while standing on a spot**- You can then take 3 pieces of gold.

Extension:

Now introduce **two** interceptors: one with a ball and one without ... If the interceptors hit their opponents ball while in mid-air, they can take **ALL** of their treasure! The interceptors can still earn points by catching when in the ready position.



COOL DOWN

Repeat the warm up - slower paced.

PEENARY
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