

EQUIPMENT:

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

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

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.

I can play and embrace the rules, inspiring others with my fair play and I am always gracious in victory and defeat.

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: Mirror, Mirror.

In pairs, face each other.

Child 1 moves in any direction.

Child 2 mirrors their actions - keep on your toes, quick feet and always return to the middle and get into **ready position**.

Make it harder- The leader touches the floor, jumps up in the air or add a ball.

GAME 2: Extension: IMAGINARY VOLLEYBALL

- In pairs, play an imaginary game of volleyball- Can the children move their feet quickly and return the imaginary ball?

Child 1



Child 2



1.

Activity 2

In Pairs.

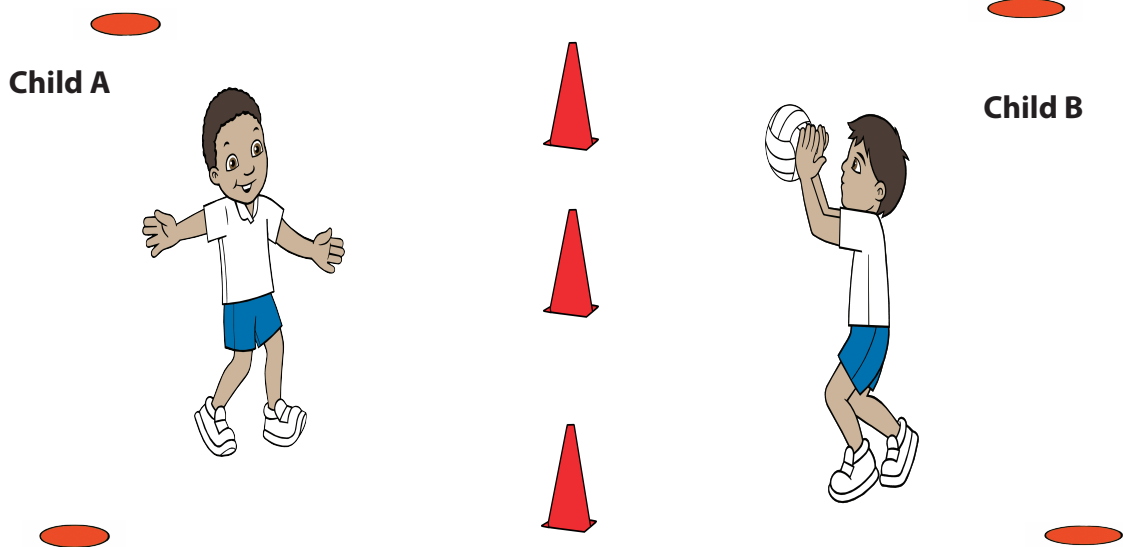
Child A **self feeds** the ball to child B.

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 have a **rally**? They are to volley the ball to each other and count how many **continuous** passes they can complete without dropping the ball?



ACTIVITY 3: 1 v1

Teacher to discuss with the children how important fair play is in sport, with regards to their teammates and the **opposition**. Discuss key values: Honesty respect, fair play, sportsmanship. How can they show this in their games? e.g. shake hands, play by the rules, being honest.

Child 1 Serve or throw the ball underarm to their partner on the opposite side of the **court**.

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. NOTE: The children can catch and self-feed or volley the ball straight back.

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?

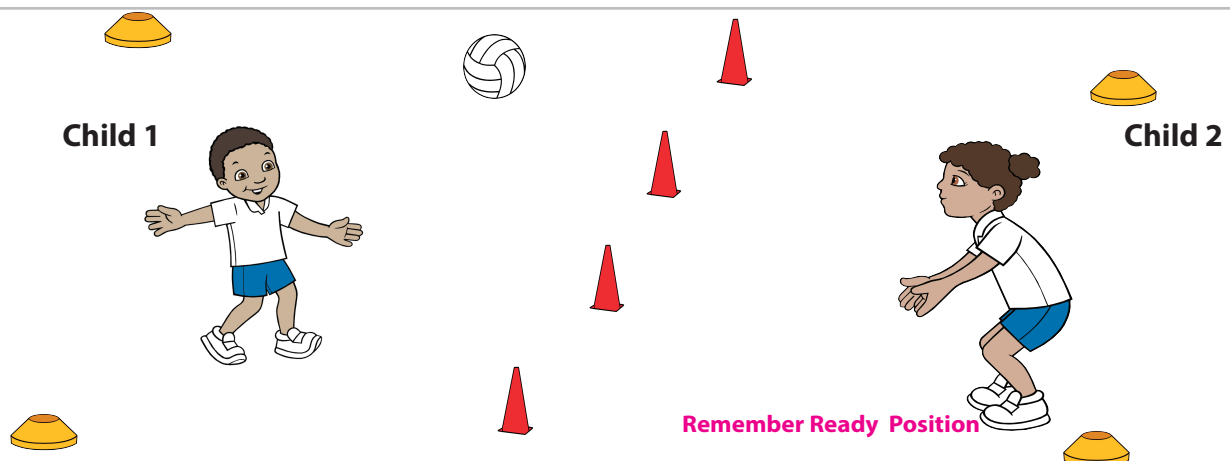
It is important that children face the direction they intend to play the ball before **contact**.

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.

Extension: Play 2v2 or 3v3

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? Tell me how can you play fairly in a game of volleyball?