

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

I can attempt to throw a ball underarm in a rainbow shape

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

## 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:

Class spread out and to 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!

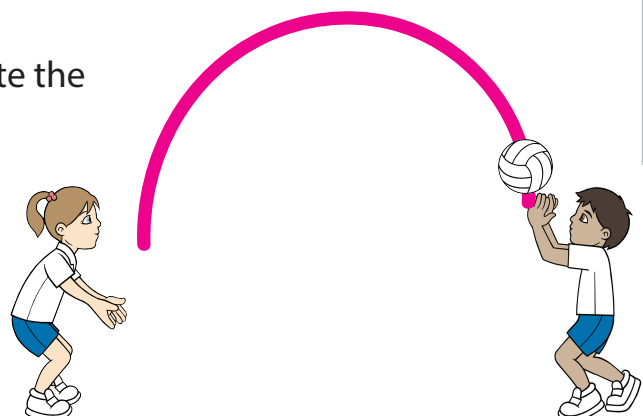
## Activity 1:

In pairs:

1. Children to experiment with throwing the ball up in the air and then partner to catch the ball.
2. Repeat - But 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)

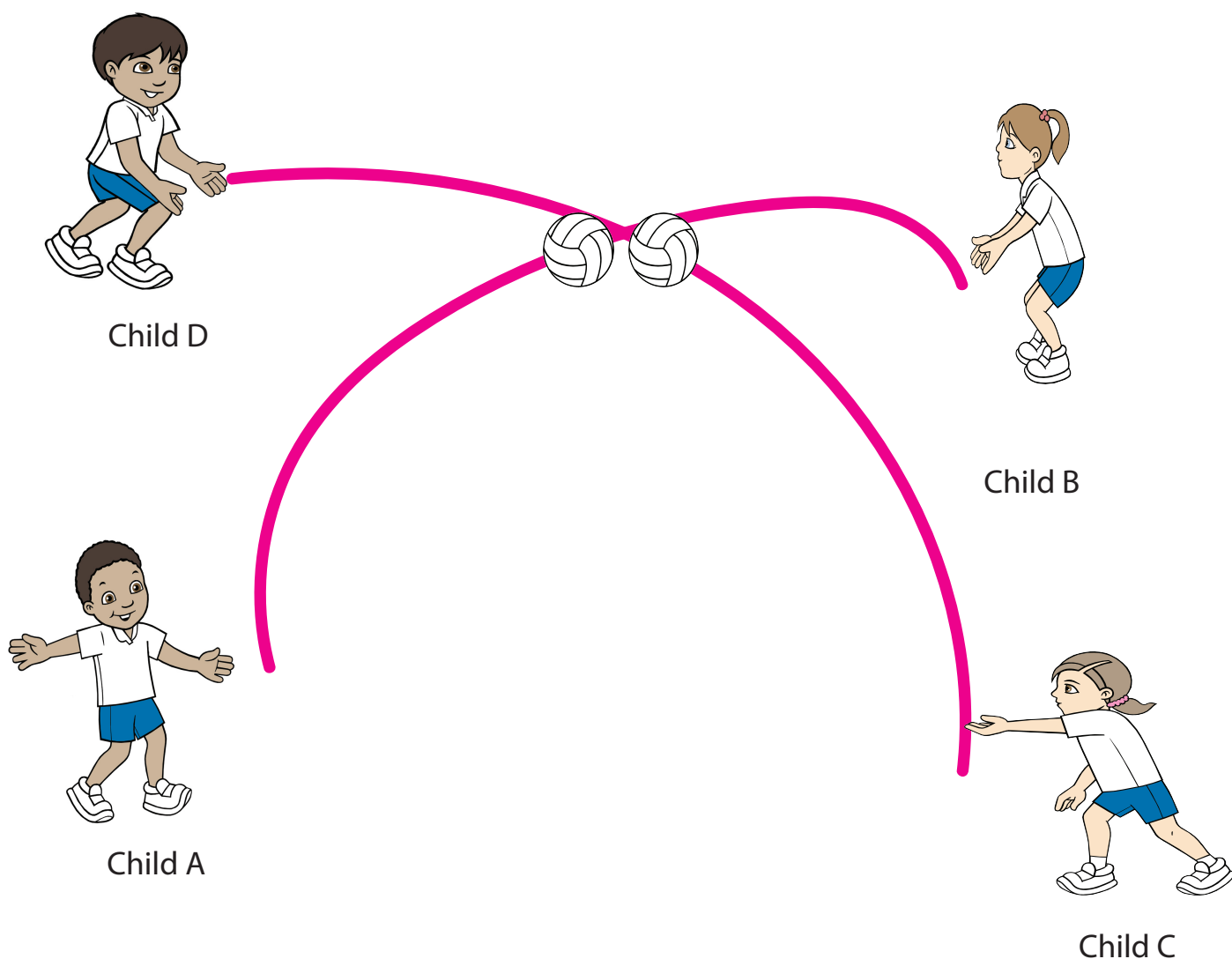
Child C feeds the ball to player D – however they are trying to hit the other teams ball while it is in the air!

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.



## ACTIVITY 3: Pots of Gold

### Game 1 Rules.

Groups of 4-6. The aim of the game is for the children to throw a ball underarm and for the ball to land/bounce into a pot of gold (spots).

1. Children to throw the ball in a rainbow shape.
2. Throw the volleyball to reach the top of the rainbow (**peak**).
3. Set the children challenges by varying the distance of the spots.

### Game 2 Rules:

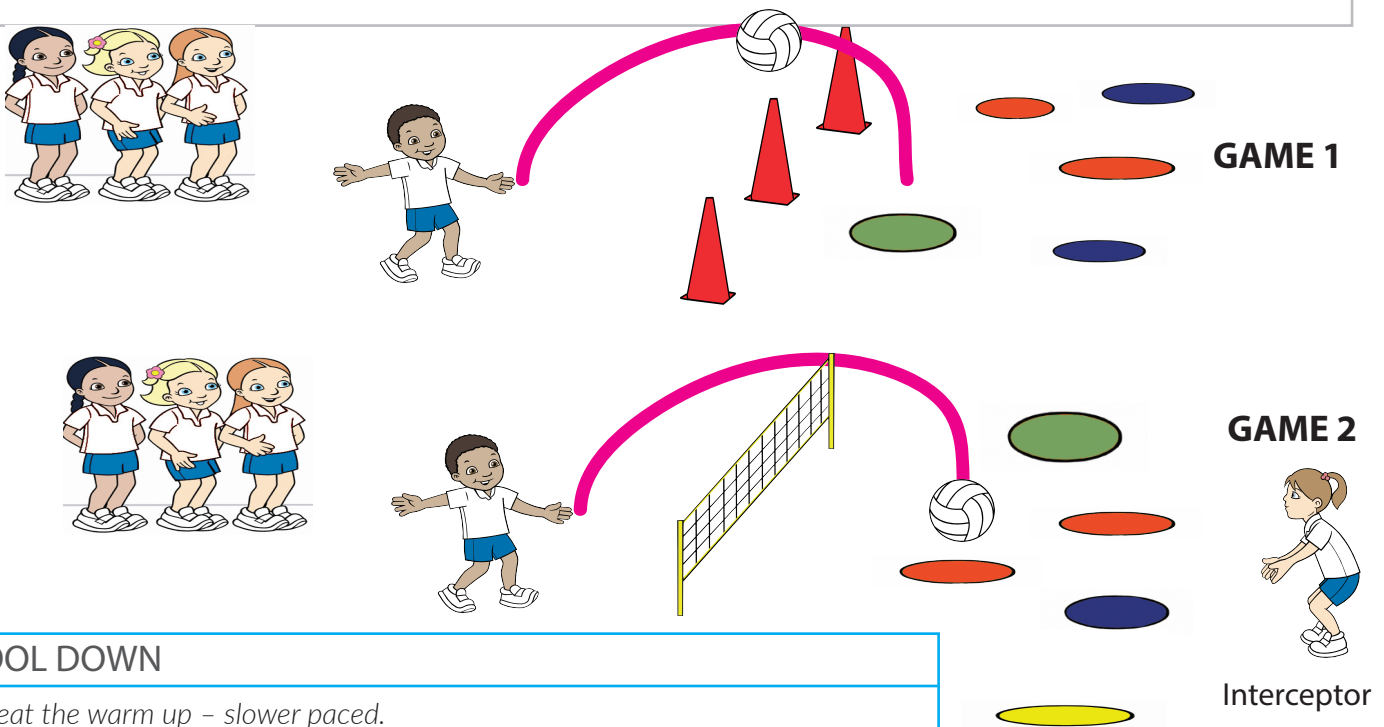
Choose a player from each team to become an interceptor. The interceptor will now play against their team mates.

If the interceptor catches the ball in the **ready position**- they win a point! If they fail to catch the ball, then the team wins a point.

Children throwing must throw over the net/strips in a rainbow shape or the interceptor wins a point.

The first to earn 5 points wins the game.

Then-Change the interceptor and play again.



### COOL DOWN

Repeat the warm up - slower paced.

### PLENARY

What was your favourite part of the lesson? Why is it important to watch the flight of the ball?