

Volleyball Lesson 1

Year 3

Learning Intention: How can you keep the ball/balloon up in the air with your hands/arms?

- I can push the ball/balloon to a partner with 2 hands
- I can push the ball/balloon and attempt to play a rally with my partner
- I can push the ball/balloon and maintain a rally with my partner

EQUIPMENT:

Balloons
Beach balls
Throw down strips
Soft volleyballs

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.

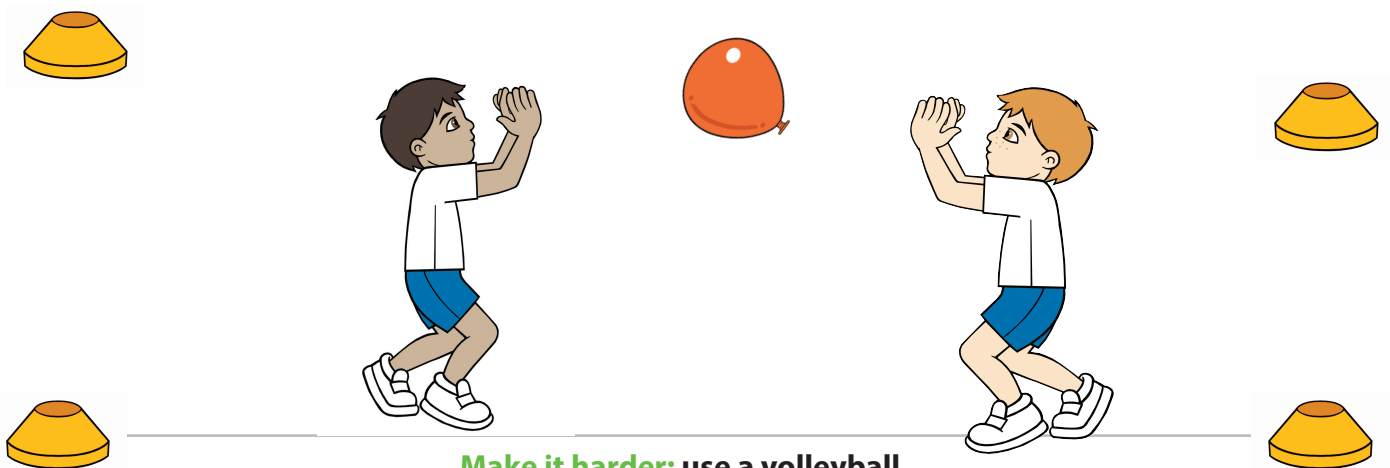
Safety: When bending down to touch hands, make sure the children look up.

ACTIVITY 1: Beach ball/balloon body

In pairs:

- Children try and keep the beach ball/balloon up in the air with:
 - Two hands
 - Left hand
 - Right hand
- Children have a go at using any part of their body to keep the beach ball up in the air.
- Swap over.

Q&A : What is important when keeping the balloon/ball up in the air? Always watch the ball, use your feet quickly to keep your body near to the balloon/ball so you can make good **contact**.

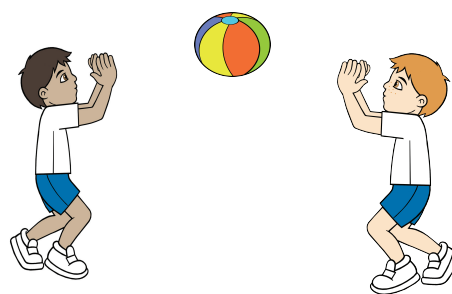


Make it harder: use a volleyball

ACTIVITY 2: Push it!

In pairs:

1. Children push the beach ball/volleyball to their partner with two hands
2. How many passes can they complete without dropping the ball?
3. Can they beat their previous scores?
4. Start closer to make it easier and move further away to make it harder.



Make it easier: use a balloon

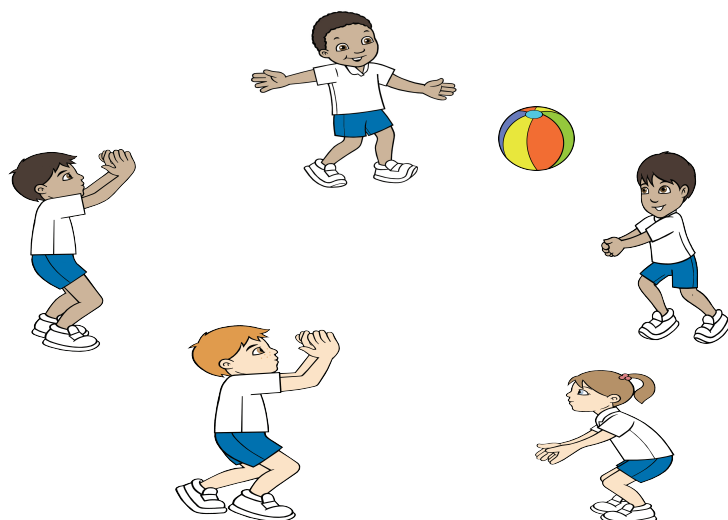
Watch the ball and keep **control**, helping your partner to receive the ball/balloon

ACTIVITY 3: Hot Potato

1. Split the children into small groups.
2. Children stand in a circle.
3. Children to push/pass the beach ball/balloon to each other- in any order. Children to ensure they all touch the ball.
4. How many pushes/passes can they complete without dropping the beach ball/volleyball?

Challenge: Can the children push/pass the beach ball/balloon to each other in the circle?

Make it easier: Use a balloon



ACTIVITY 4: Extension Mini Volleyball

Each team uses 3 throw-down strips/cones as a net.
Then stand opposite each other (1v1).

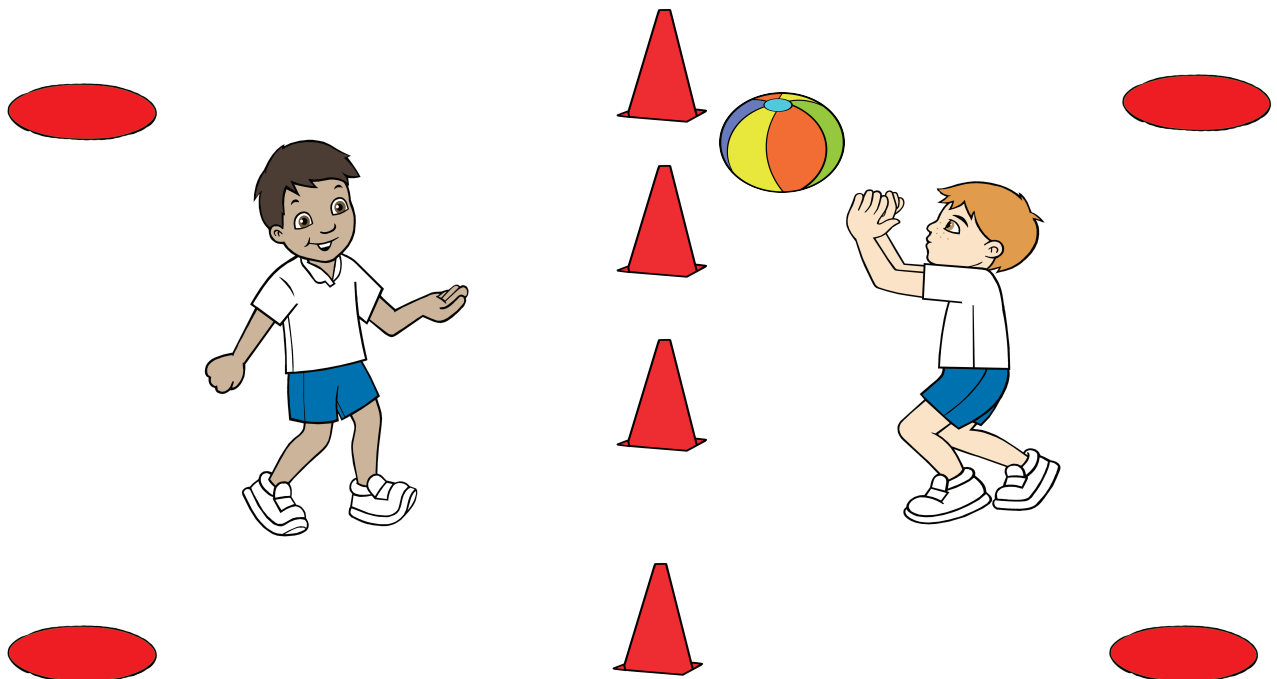
Children play a mini volleyball game.

Rules:

- Opposite side wins a point if the beach ball touches the floor
- Take it in turns to serve
- Children cannot go over the lines/net
- Children can only touch the ball with their hands.

Extension: Children can play other teams

Make it harder: Use a Volley ball



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

How did you keep the ball/balloon up in the air?