

Volleyball Lesson 1

Year 4

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

I can push the ball and attempt to play a rally with my partner

I can push the ball and maintain a rally with my partner

I can push the ball and maintain a controlled 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.

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

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: Ball control

In pairs:

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

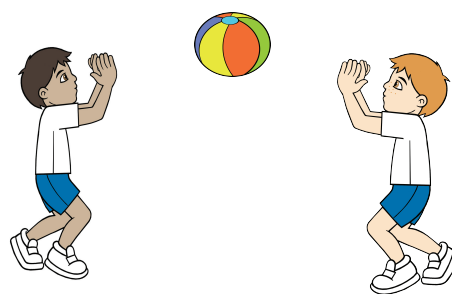
Q&A : What is important when keeping the ball up in the air? Always watch the ball, use your feet quickly to keep your body near the balloon/ball so you can make good **contact**.



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 score?
4. Start closer to make it easier and move further away to make it harder.



Make it easier: use a balloon

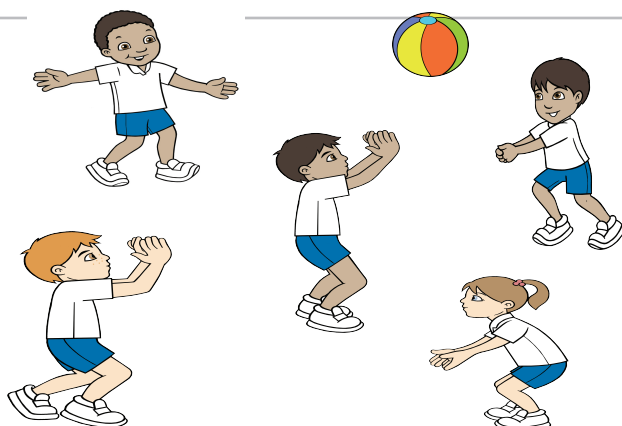
Watch the ball and keep **control**, helping your partner to receive the ball/balloon

ACTIVITY 3: Superhero in the middle

1. Split the children into small groups
2. Children stand in a circle
3. One person is the 'Super Hero' and they move into the middle of the circle
3. Children in the circle push the beach ball to each other
4. The 'Super Hero' (the child in the middle) has to try and touch the beach ball as it gets passed around
5. If the 'Super Hero' touches the beach ball, they swap over with the last person that pushed the beach ball.

Make it easier: Use a balloon

Make it harder: Use a soft volleyball



ACTIVITY 4: Extension-Mini Volleyball

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

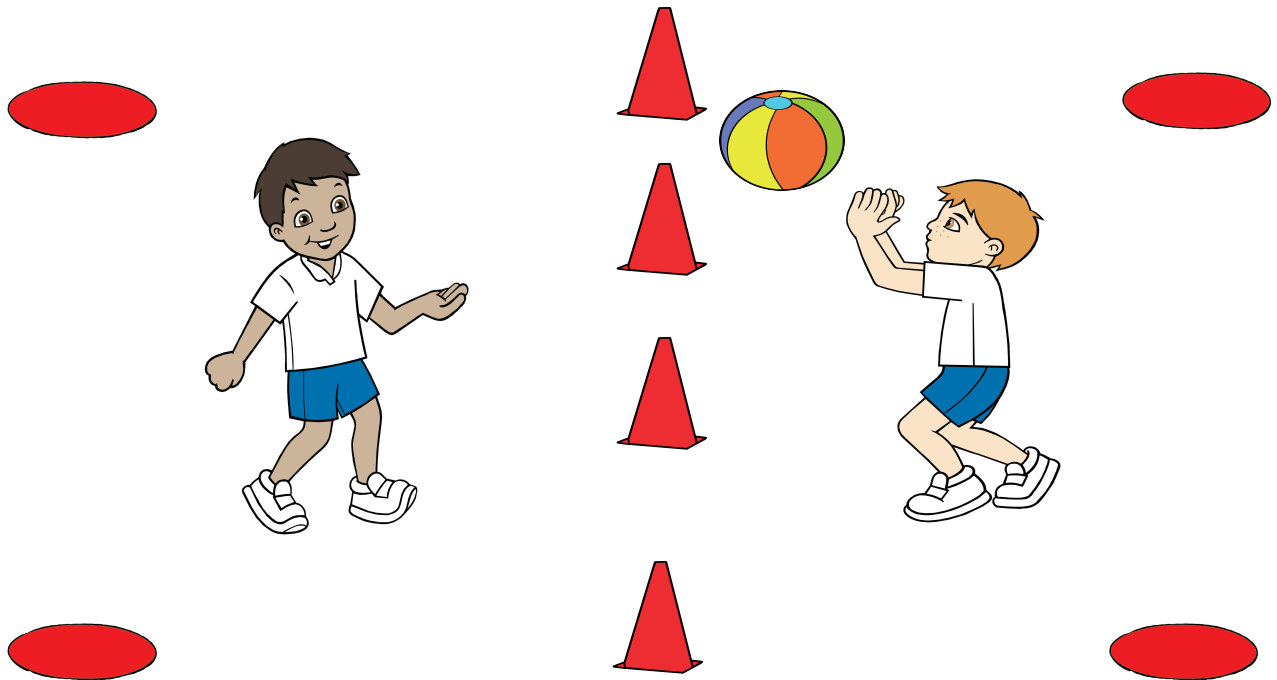
Children play a mini volleyball game.

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?