

Learning Intention: How can you use the ready position in a game?

EQUIPMENT:

Equipment:

- Soft Volley Balls
- Cones
- Throw down strips
- Hoops

I can get into the ready position, ensuring my knees are bent

I can get into the ready position, keep balanced and watch the ball

I can quickly get into the ready position and begin to use it in a game

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. : The Ready Position

Recap: What is the ready position? In volleyball this is when you put your body in the correct position to play. The Ready Position is one of the most important parts of playing volleyball. Performing this move correctly should enable any player to react faster and get to the volleyball quicker.

1. Children to jog around and when the teacher calls out **"READY"** they quickly stand opposite a partner, showing you this position:

- Ready position:**
- 1. Knees Bent**
 - 2. Weight forward**
 - 3. Hands presented**
 - 4. Eyes on ball**



Linking Learning- This position is very similar to the 'ready position' (KS1 grizzly bear) in tennis and to the 'triple threat' position in basketball.

ACTIVITY 2 : ' Ready, Freddy, GO!'

In pairs:

1. Children stand opposite each other in the ready position
2. Teacher calls "**Ready, Freddy GO**" - on the word "**GO**" they need to pick up their ball from the cone
3. The quickest child to pick up their ball wins a point

Make it harder: Start back to back (in **ready position**)

Extension 1: Winner stays on, if you lose, you go to another cone and play somebody else.

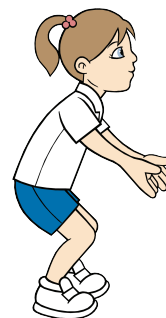
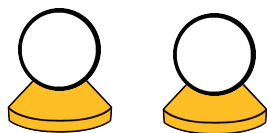
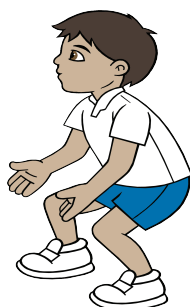
Extension 2: Can you start further away from the ball/cone?



ACTIVITY 3 : ' Ready, Freddy, TURN!'

In pairs, stand facing away from each other in the **ready position**.

1. Teacher calls "Ready Freddy **TURN**" - on the word "**TURN**" they need to turn around and pick up the ball from the cone.
2. Teacher calls "Ready Freddy **HEAD**" - on the word "**HEAD**" they need to turn around and pick up the ball from the cone and place it on their head.
3. Teacher calls "Ready Freddy **THROW**" - on the word "**THROW**" they need to turn around and pick up the ball from the cone and push it up into the air.



ACTIVITY 4 : 'Ready FUN

Now let's practice the ready position in a fun activity called 'Get Ready, Throw!'

Aim of the game- Player A (A's) throws the ball over the net. Player B must then catch the ball and throw it back.

Can the players make their opponents drop the ball, or throw the ball out of bounds? Each time this happens the winning player scores a point. What **tactics** can they use to beat their opponent?

Teaching Tip: Ensure that the player receiving the ball is always prepared in the 'ready position!'

Rules:

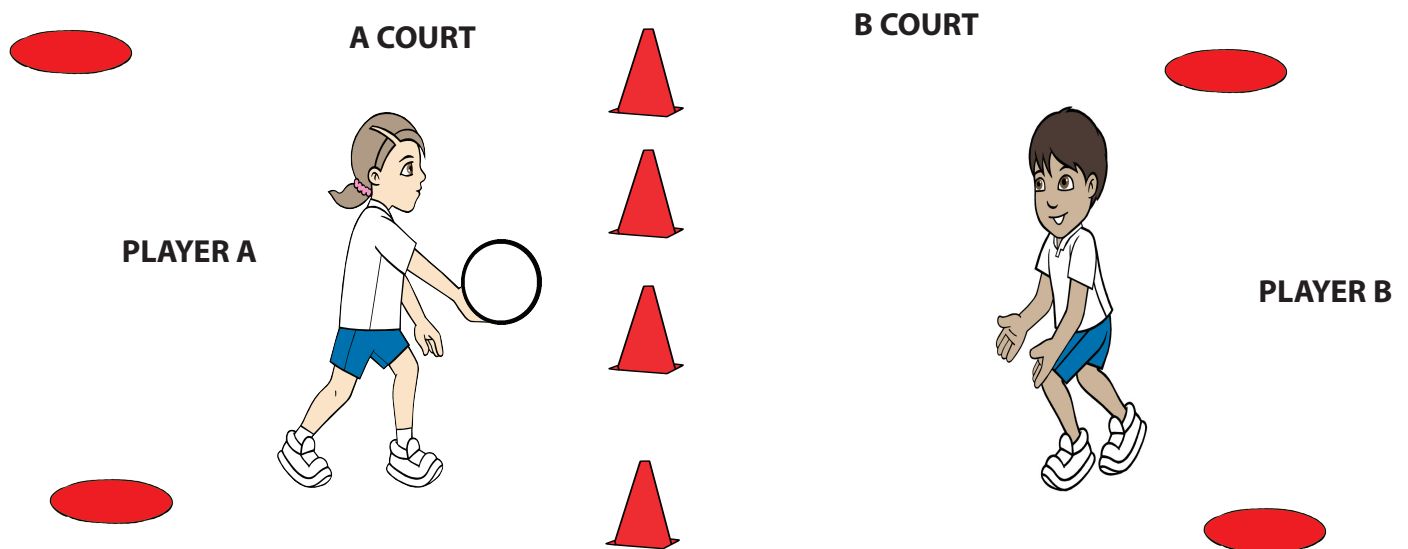
3 minutes per game

If a player drops the ball-1 point to their opponent

If a player throws into the net-1 point to their opponent

If a player throws out of bounds-1 point to their opponent

The winning player moves to the A court at the end of every 3 minutes



COOL DOWN

Repeat the warm up - slower paced.

PLENARY

What were the four main teaching points of the 'ready position?'

What was your favourite activity today, and why?