

Learning Intention: How can you serve underarm?

- I can begin to understand rules in an adapted game of volley ball
- I can play to the rules in an adapted game of volley ball
- I can play an adapted game of volley ball using some tactics to outwit my opponent

EQUIPMENT:

Soft touch volleyballs.
Cones/spots.
Hoops
Resource card

Yr 5 Key words: Footwork, Tactics, Reactions, Dig, Outwit, Defensive, Set, Attacking.

WARM UP: 'Ready, Rats & Rabbits'

Children find a partner and stand 1 metre apart (side by side). Each pair to line up behind another pair, as shown in the diagram below.

One side are called '**rats**', the other side are called '**rabbits**'.

Teacher attempts to trick the class, calling out any of the commands below, always starting with:

"Rrrrrrrrrrr"

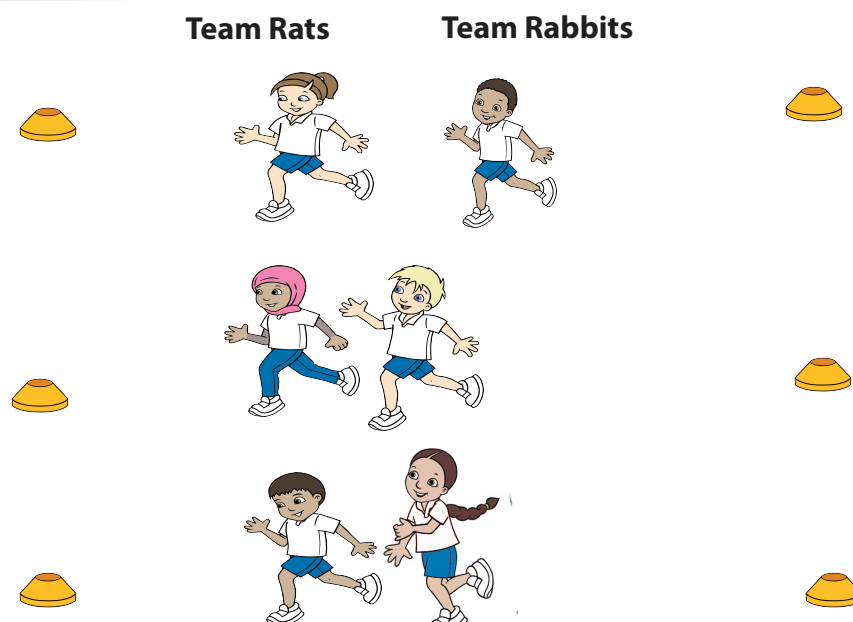
"Ready"- both sides bend down and get into the ready position.

"Rats"- the children on the side called 'rats', run and touch the cone on their right.

"Rabbits"- the children on the side called rabbits run and touch the cone on their left.

The aim of the game is to catch their partner, before they touch the cone.

Linking learning: you can start the children off in different volleyball positions e.g. Dig.

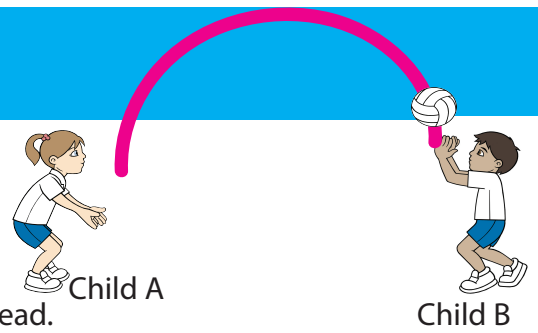


Activity 1 : 5's

In pairs - recap of prior learning:

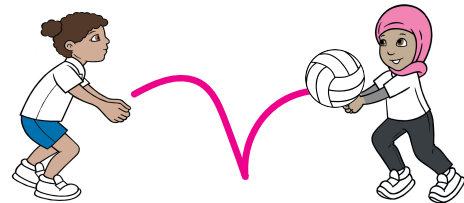
1. Throw and set:

Child A throws underarm (2 hands) aiming above Child B's head.
Child B sets the ball back to Child A.
Complete 5 times and then swap.



2. Bounce and Dig:

Bounce & Dig.
Can you complete 5 in a row?



3. Serve and Hoop:

Serve underarm 5 times and aim for the hoop.
Make it harder: move left and right with the hoop.
Swap over.

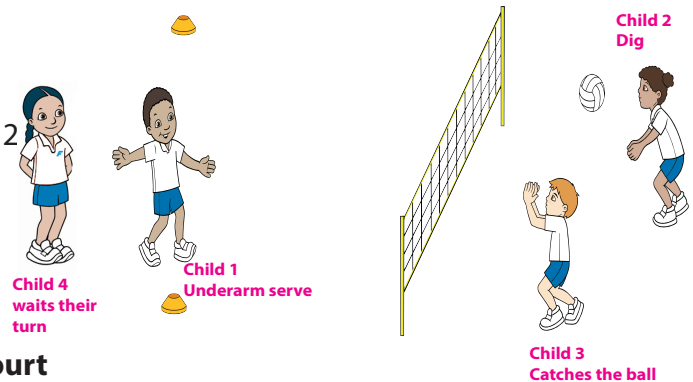


Activity 2 : Serve, Dig and Catch

In Groups of 4's

Game 1 (Serve, Dig, Catch):

- Child 1 serves over the net (underarm) to Child 2
- Child 2 digs the ball (in rainbow shape) towards the net (front court) for Child 3 to catch.



12 serves in total, keep the score:

3 points = successful serve, dig, catch in front court

2 points = successful serve, dig, catch anywhere

1 point = successful serve

Swap after 3 serves to give child 4 a turn- rotate positions.

Game 2:

Play the same game as above however this time Child 1 (the server) can serve to player 1 or 2.

Game 3 : Extension: In a game of Volley2's there should be contact with the ball **3 times on** your side of the court. Children to play the same game as above - however, this time they must have 3 touches of the ball before it goes over the net.

Please note: the child that is waiting their turn could keep score or be a mini coach.

ACTIVITY 3: Volley2's

1. Child A (on Team 1) starts the game – underarm throw – to anyone on the opposite side of the court (Team 2)
2. Child C (on Team 2) catches the ball in any way (this person is called the receiver)
3. Child C passes the ball to their partner Child D (2 hands underarm- above their head)
4. Child D catches the ball and sets the ball (with a self-feed) back to child C (the receiver) who throws/volleys it over the net
5. Now the ball is back with Team 1: Child A and B- have to have 3 touches of the ball e.g.
Touch 1 - **dig** to partner
Touch 2 – **set** ball back to the receiver
Touch 3 – plays the ball over the net

**Make it easier (See resource card 2):
Catch and throw the ball on each touch**

SEE RESOURCE CARDS 1 & 2 FOR EXAMPLES OF HOW TO PLAY

Rules:

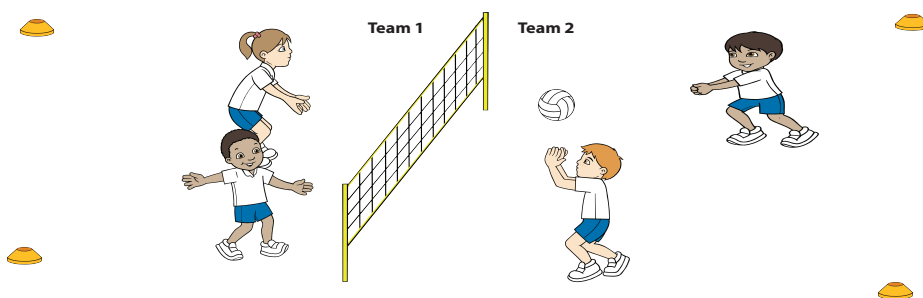
- There must be 3 touches of the ball before it goes back over the net
- 3 serves in a row for any player

Your team win a point if:

- The ball touches the floor on the oppositions side of the court - including the lines, this is "in"
- A team plays the ball more than three times on their side of the court
- A player plays the ball twice in a row
- A team plays the wrong shot e.g. serve should be underarm throw
- A player doesn't pass the ball over the net with two hands

The opposition wins a points if:

- The ball contacts the floor outside the court markings or hits an object e.g the post this is "out"



**Linking Learning:
Remember all the skills
you have learned-
serve, dig and set and
how you can use them in
your game**

COOL DOWN

Repeat the warm up – slower paced.

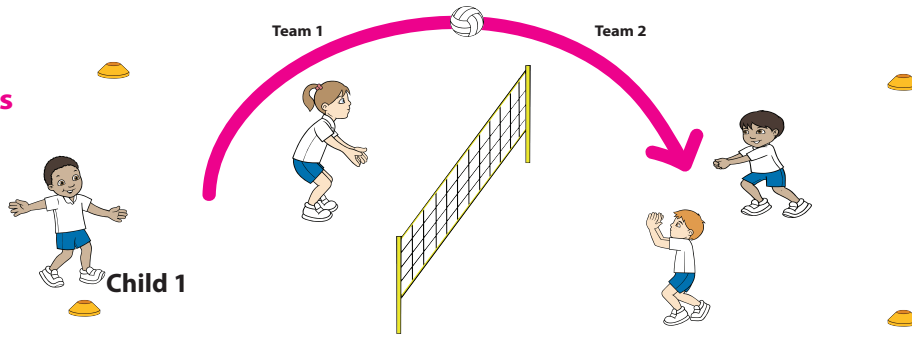
PLENARY

What was your favourite part of today's lesson? What skills did you use in your game?

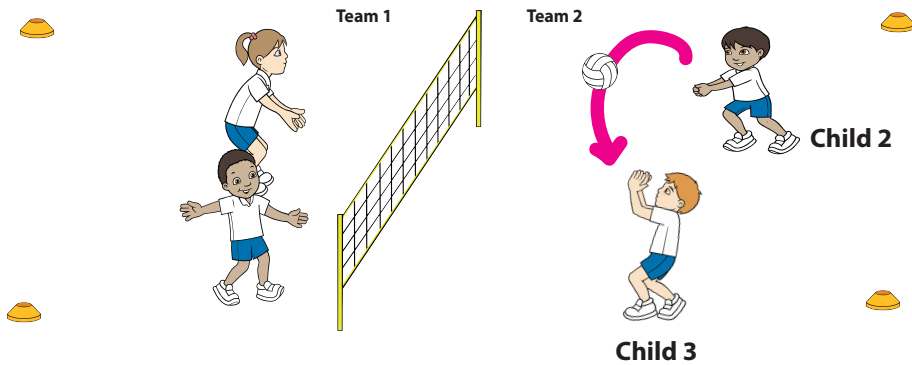
RESOURCE CARD 1- Example of volley 2's Game:

Number of contacts
In Volley2s teams
have to play the
ball three times
on their side of
the court.

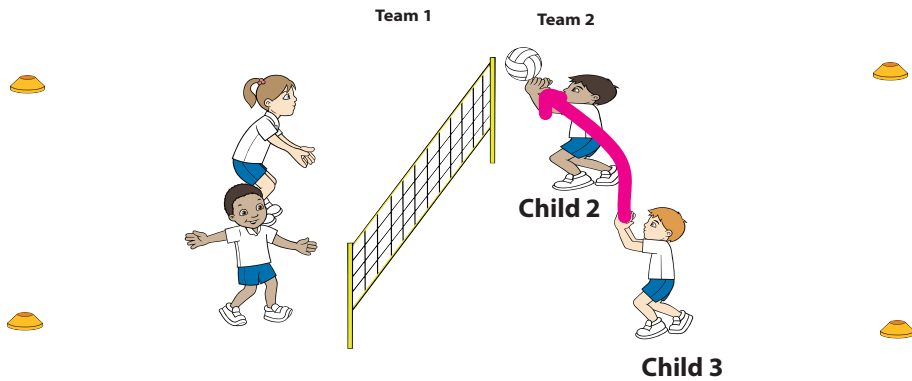
a) Child 1 serves to the opposite team



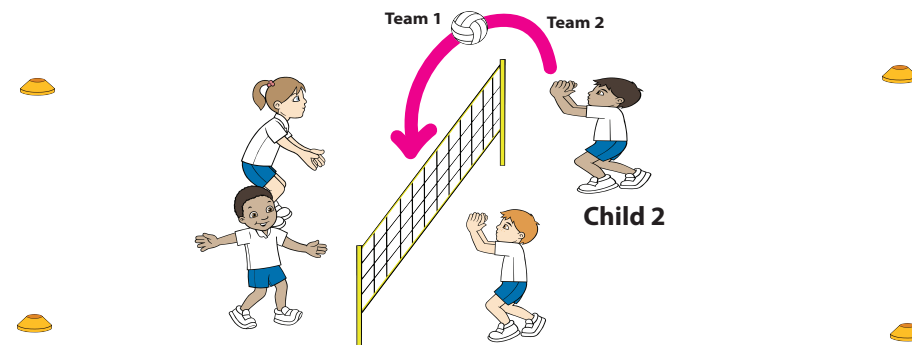
b. Child 2 digs the ball to Child 3



c. Child 3 Sets the ball back to Child 2



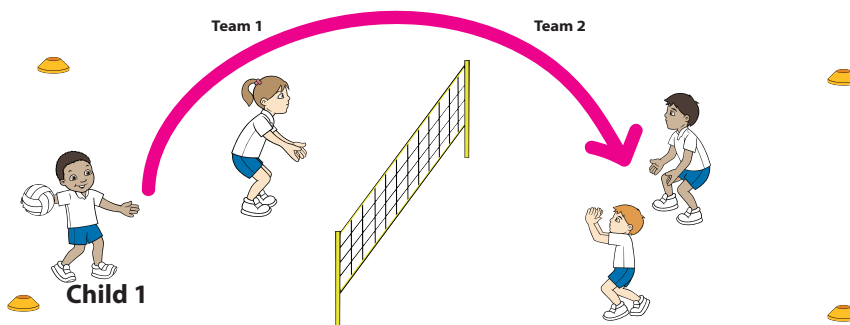
d. Child 2 attacking shot over the net to try and win a point



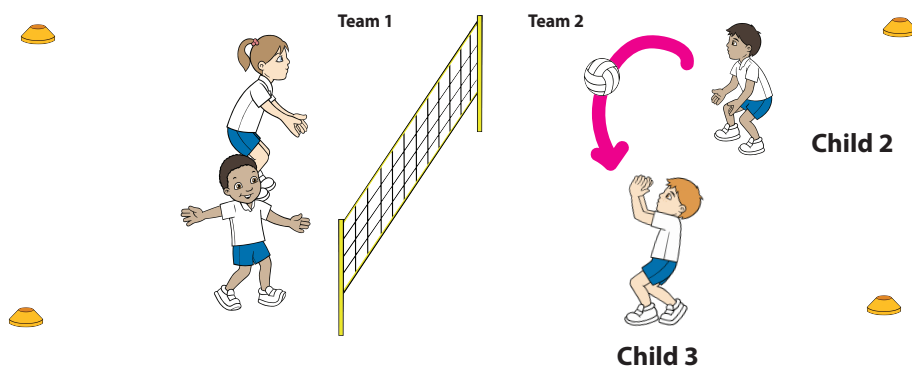
e. Team 1 now has to play the ball 3 times before it goes back over the net- continue play

a) Child 1 serves throwing underarm (anywhere on the court to the opposite team)

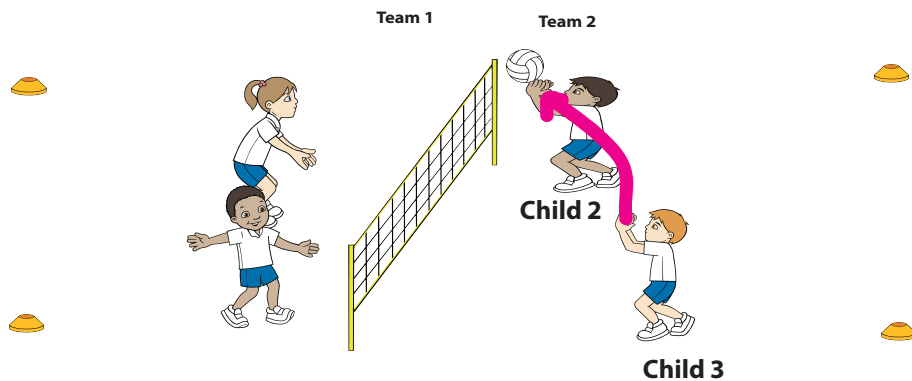
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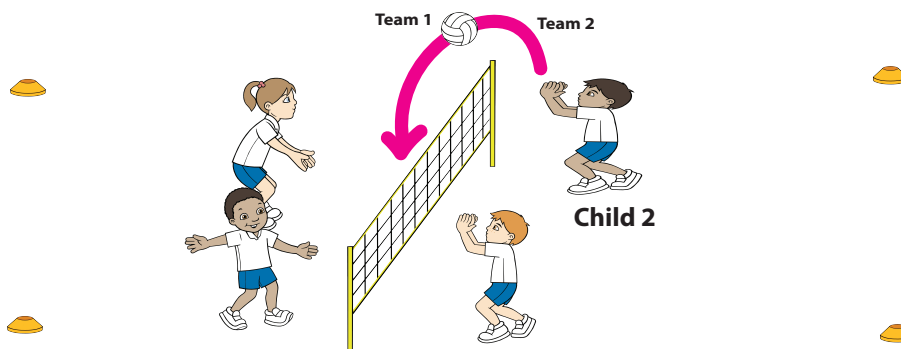
b. Child 2 catches and underarm throws the ball to Child 3



c. Child 3 catches the ball throws back to Child 2



d. Child 2 catches and uses an **attacking** shot over the net to try and win a point



e. Team 1 now has to play the ball 3 times before it goes back over the net- continue play