

**Recap: What do we know about volleyball?**

**Lesson 1/6**

# **To understand the ready position and be able to volley/dig the ball to a partner**

## **Success Criteria**

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**To be able to:**

- **Stand in the ready position and move towards the ball**
- **Have a wide base and be low to the ground**
- **Have their strongest foot slightly forward**
- **Make the decision on what pass need to be played as the ball travels towards them**

**Recap: To understand the ready position and be able to volley/dig the ball to a partner**

**Lesson 2/6**

# **To overarm serve the ball towards a partner**

## **Success Criteria**

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**To be able to:**

- **Contact the ball in order for it to travel to a partner/over the net**
- **Turn their body into the direction they want to serve**
- **Stand with least dominant foot forward and step on to dominant foot when hitting the ball**

**Recap: To overarm serve the ball towards a partner**

**Lesson 3/6**

# **To set up an attack with a partner and send it over a net**

## **Success Criteria**

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**To be able to:**

- **Decide what pass they need to play when the ball travels towards them**
- **Travel towards the net when they do not receive the first ball**
- **Step and jump towards the ball**
- **Contact the ball with their hand and give it direction**
- **Hit the ball at the highest point when it is set to them**

**Recap: To set up an attack with a partner and send it over a net**

## **Lesson 4/6**

# **To direct the ball into different areas of the court to set up an attack**

### **Success Criteria**

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#### **To be able to:**

- **Decide what pass they need to play when the ball travels towards them**
- **Direct the ball into different spaces on the court**
- **Understand the roles on the court, and the rotation of positions each time they win the serve back**
- **Use spacial awareness and observational skills to determine their own and other's court positions**

**Recap: To direct the ball into different areas of the court to set up an attack**

## **Lesson 5/6**

# **To play small 4v4 games and understand the rotation of positions**

### **Success Criteria**

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**To be able to:**

- **Use the skills learnt to play small games**
- **Understand that they rotate in a clockwise direction**
- **Dig/set from an underarm serve to continue the rally**

**Recap: To play small 4v4 games and understand the rotation of positions**

**Lesson 6/6**

# **To play small tournaments**

## **using the skills and rules taught throughout the term**

### **Success Criteria**

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**To be able to:**

- **Safely play small tournament games and follow the simple rules**
- **Understands how the points system works within a game**
- **Know how to start, restart and score in the games**