

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

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

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

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

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

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

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**