

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

**Lesson 1/6**

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

### **Success Criteria**

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

- Get into the ready position**
- Feed the ball to my partner**
- Catch the ball at the correct height**
- Play a volley to myself**
- Play a volley to my partner**
- Play a rally with my partner**

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

**Lesson 2/6**

# **To dig/forearm pass the ball to a partner**

## **Success Criteria**

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

- Get into the ready position**
- Feed the ball to my partner**
- Have arms straight, shoulders locked forward**
- Stand with a wider base**
- Play a dig to myself**
- Play a dig to my partner**

**Recap: To dig/forearm pass the ball to a partner**

**Lesson 3/6**

# **To introduce the overarm serve**

## **Success Criteria**

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

- Throw the ball over a net to a partner**
- Hit the ball over a net to a partner**
- Make contact with the ball in order for it to travel to a partner/over the net**
- Turn 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 introduce the overarm serve**

**Lesson 4/6**

**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**
- Set up an attack with the 2<sup>nd</sup> pass**
- Attack the ball and send it over a net**

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

## **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**
- Safely play small tournament games and follow the simple rules**
- Start, restart and score in the games and officiate**

**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:**

- **Know how to start and restart the games, and where the defending teams needs to be**
- **Identify and use tactics to help the team keep the ball and advance it forward**
- **Pass, dribble and shoot with control**
- **Officiate and run small games of hockey and be able to follow the rules they have learnt throughout the term**