

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

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

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

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

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 2nd 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

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 the have learnt throughout the term**