

Year 4 - Development of Net & Wall Games

Volleyball & Dodgeball - Lesson Plan

COMPETING
EDSTART

Lesson Objective	To develop passing the ball to a partner who is moving forwards to a space in volleyball	Lesson 1/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
Success Criteria	Children can: <ul style="list-style-type: none">Set up an attack with their first pass travelling up and towards the netTry and follow the Dig, set pattern when receiving the ballKnow they are only allowed three touches of the ball on their side of the court before they send it back to a target area	
Adapted Learning (Differentiation) (Challenge)	Use balloons or lighter balls to encourage success.	
Key Questions	How can we set up an attack?	
Warm Up	Overhead Throw: In pairs facing each other, players throw the ball two handed overhead and into the ground. The ball should then bounce up and reach the other player. Encourage children to step onto dominant foot when releasing the ball. PROGRESSION: Children to stand either side of the net and use the overarm serving technique to serve the ball underneath the net (They can aim at a hoop if there isn't enough space across the net). Encourage children to hit the ball with the whole hand, and all fingers extended.	
Main Activity	Passing Gates: Children work in pairs. One child moves sideways to each gate. When they arrive at the gate, partner 2 throws the ball and partner 1 decides what shot to play. To start the feeder lets the passer know which way they are throwing. PROGRESSION: Passer stands in middle of the two gates, and the feeder then throw a lofted pass to either gate. The passer must react and get to the ball before it drops. (Can start with catching before selecting correct pass). Setting The Ball: A 'set' is a volley pass played parallel to the net that allows a teammate to play an attacking shot over the net. To practice the 'set' technique, children throw a ball into the air, move into the path of the ball, volley the ball high into the air, then catch it before it drops. Dig, Volley, Catch: In groups of four, children will develop their movement when working as part of a team to set up an attack. Children practising their passing skills of digging and setting to move them closer to the net to attack. Children follow the DIG, VOLLEY, CATCH pattern when playing the ball where they gain one point for every time they are successful.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">Play towards the net with the first passPlayer moves into position and plays next pass parallel to the net	

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Lesson Objective	To play small 2v2 volleyball games and be able to work together to send the ball towards the other team	Lesson 2/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand that they need to play a pass on their side of the court before it is sent back to the other teamPass the ball towards their partner so that they have time to play the next shotUse three touches of the ball to get the ball back to the other team	
Adapted Learning (Differentiation) (Challenge)	Use lighter balls to allow ball to stay in air longer.	
Key Questions	How can we set up an attack?	
Warm Up	Dig, Volley, Catch: In groups of four, children will develop their movement when working as part of a team to set up an attack. Children practising their passing skills of digging and setting to move them closer to the net to attack. Children follow the DIG, VOLLEY, CATCH pattern when playing the ball where they gain one point for every time they are successful.	
Main Activity	Setting The Ball: A 'set' is a volley pass played parallel to the net that allows a teammate to play an attacking shot over the net. To practice the 'set' technique, children throw a ball into the air, move into the path of the ball, volley the ball high into the air, then catch it before it drops. Introduction To The Spike: Children will work in 2's with a cone in between them. The children will aim to hit the cone using the spike shot. Every time they hit the cone, they win 1 point. Progress to introducing the foot work need to jump towards the ball. For right handers – follow right foot, left foot, right foot, jump (opposite for left handers). Dig, Set, Spike: Children now try and keep the ball off the ground by using the DIG, SET, SPIKE sequence. Start with a throw then follow the sequence, after each round the roles will change so each child has the chance to select the correct shot. Competition on how many times a group can complete the sequence.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Pass the ball forward towards the net, as the second player moves parallel to the net in order to set up the attack.	

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Lesson Objective To play small tournaments using the skills and rules taught throughout the term **Lesson 3/6**

Equipment Needed Volleyballs, hoops, cones, volleyball net, balloons, soft balls.

Success Criteria Children can:

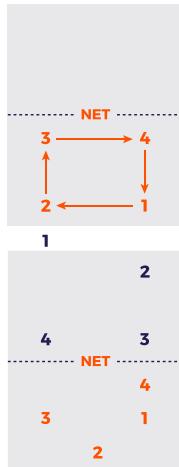
- Safely play small tournament games and follow the simple rules
- Know how to start, restart, and score in the games

**Adapted Learning
(Differentiation)
(Challenge)** Group by ability.

Key Questions How do we play 4v4 matches?
How do we rotate around the court?

Warm Up **Dig, Volley, Catch:**
In groups of four, children will develop their movement when working as part of a team to set up an attack. Children practising their passing skills of digging and setting to move them closer to the net to attack. Children follow the DIG, VOLLEY, CATCH pattern when playing the ball where they gain one point for every time they are successful.

Main Activity



Introduce Rotation:

Children stand on the court, two near the net and two backcourt. Serving player is always from the back right hand corner. If the serve is lost and then won back the players move around clockwise one place. If service is being won, same person serves. Team has three touches of the ball before ball must go over net.

4v4 Matches:

If you don't have enough net space, use a rope and tape to create something to hit over. Play up to 5 points and rotate teams so they play each other.

Cooldown Recap and discuss Success Criteria.

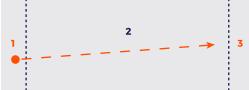
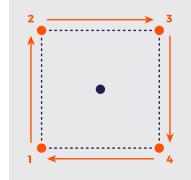
Key Technical Points **Rules:**

- Each team has three touches of the ball on their own side of the net, the attacking team aim to ground the ball on the opponents side of the court
- Children will rotate positions each time their team wins the serve back. They rotate clockwise, and serve from the bottom right side of the court

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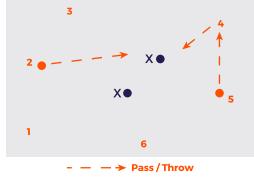
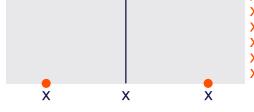
COMPETING
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Lesson Objective	To develop the basic rules of dodgeball in adapted games	Lesson 4/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Play adapted games with special rulesKnow that they need to work as part of a teamKnow to aim low to get an opponent out	
Adapted Learning (Differentiation) (Challenge)	Group children by ability to add challenge and differentiation.	
Key Questions	What are the basic rules of dodgeball?	
Warm Up	Dodger In The Middle:  In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many times the dodger is hit. Swap roles and play for a further two minutes.	
Main Activity	Hit The Spot:  In a 10x10m area, players are situated at a ball placed on a cone. There is a ball sat on the cone in the middle of the area. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the middle of the area. The first player to do this is the winner and shouts 'DODGEBALL' All players run round in the same direction.	
	Hit The Spot Dodgeball: Each team places three coloured balls towards the endzone of their court. Dodgeball rules apply with children being out when hit, but if a team manages to knock off all coloured balls of the opponents cones, they win the match.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">If the ball hits you without bouncing, then you are outIf the opposite team catch the ball, then you are out and you can allow ALL of the team back inHead shots don't count	

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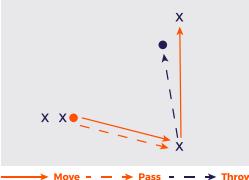
COMPETING
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Lesson Objective	To work as part of a team in a dodgeball game	Lesson 5/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Use the skills learnt and put into a game situationKnow where to position themselves on a dodgeball court when attacking and defendingPlay and follow the basic rules of the game	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How can we work as a team?	
Warm Up	Throwing: In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball. 	
Main Activity	Circle Ball (Blocking): In a large area, six players create a circle around two target players who have a ball in their hands to use to block any shots that are aimed at them. Children in the circle, use two balls to try and get the target players out. To win the game, each player in the circle must get a player out. The two target players aim to stay in the game as long as possible. Once a player in the circle has got a target player out, they work with their teammates to help them get the target player out.  Dodgeball Gauntlet: Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to get as many people to the other side as possible.  Doctor Dodgeball: Each team chooses a doctor, the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Defence: At risk of being hit if you stand near the centre line. Once thrown, retreat towards back line to avoid danger. Player can use the ball to block if they have one when defending.	

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Lesson Objective	To develop the skills needed to play small, modified games of dodgeball	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Consistently catch a ball in a game situation• Be in the ready position and are able to move around freely• Understand how to get teammates back in the game	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	What are the rules of the game in dodgeball?	
Warm Up	Throw, Catch, Aim: In groups of four, the ball is passed (and caught) by the player who then aims at a target at the other end of the court. Ball is retrieved, and players rotate round, and the drill is repeated. 	
Main Activity	Tournaments: In teams of six, children will play dodgeball matches. The children will be introduced to the basic rules: <ul style="list-style-type: none">• If the ball hits you without bouncing, then you are out• If the opposite team catch the ball, then you are out and you can allow ALL of the team back in• Head shots don't count• You can only hold the ball for five seconds before throwing it• You can use the ball to block other balls Games will last for two minutes; the winning team is the team that gets every one of the opponents out or the team with the most players left on court at the end of the match.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Single Ball Attack: One player runs towards the centre line and aims at an opponent.	