

Year 3 - Intro to Net & Wall Games

Volleyball & Dodgeball - Lesson Plan

COMPETING
EDSTART

Lesson Objective	To introduce which shot needs to be played and keeps a rally going with a partner in volleyball	Lesson 1/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Stand in the ready position and move towards the ball• Move as the ball is travelling to get into line with it and select appropriate pass• Understand that their pass must be played up high, and ball should be travelling slowly	
Adapted Learning (Differentiation) (Challenge)	Use balloons or lighter balls to encourage success.	
Key Questions	How do I play the volley? How do I play the dig?	
Warm Up	<p>Knee Boxing:</p> <p>In 2's children must take up the 'ready position' and with the hands in the middle of their bodyline, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly.</p>	
Main Activity	<p>Overhead Throw:</p> <p>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. Receiving player to catch the ball at its highest point, or in the dig position.</p> <p>The Volley:</p> <p>Reintroduce the volley. In pairs or groups practice the volley by having one person throw the ball and the other person trying to volley it back to them.</p> <p>The Dig:</p> <p>Reintroduce the dig shot. In pairs or groups practice the dig shot by having one person throw the ball and the other person trying to dig it back to them.</p> <p>Dig - Volley Rally:</p> <p>Children will now be ready to try and rally the ball between them and their partner. Children stand no more than five steps away. Start with a gentle throw and see how many continuous DIG / VOLLEYS each partnership can do. Encourage children to extend both legs and arms on contact and face the direction in which they want the ball to travel. Swap who plays the 'volley' and 'dig'.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Volley:</p> <ul style="list-style-type: none">• Form a triangle with thumbs and fingers but hands are not touching• Place hands directly in front of the face close to the forehead• On contact, extend the arms and legs, pushing the ball upwards• Hands follow the path of the ball <p>Dig:</p> <ul style="list-style-type: none">• Place the back of the right hand on top of the palm of the left hand with thumbs together• Hold arms out straight in front elbows locked• Hands start low in front of the body and move up to strike the ball with lower forearms	

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Lesson Objective

To introduce passing the ball to a partner who is moving forwards to a space in volleyball

Lesson 2/6

Equipment Needed

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

Success Criteria

Children can:

- Set up an attack with their first pass travelling up and towards the net
- Try and follow the Dig, Set pattern when receiving the ball
- Know 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 do we approach the net before we 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.

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).



Dig, Set, Send:

In groups of four. In 2's start with a throw to the other pair. They follow the sequence Dig; Set then Send the ball back towards the starting pair. Who continue with the pattern. This continues under the ball is dropped.

2v2 Matches:

In the same groups as the previous drill. They now play 2v2 matches across a net.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Players know when to move to the front of the court as the ball is travelling towards their teammate.

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Lesson Objective

To introduce small 2v2 games and be able to work together to send the ball towards the other team in volleyball

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Understand that they need to play a pass on their side of the court before it is sent back to the other team
- Pass the ball towards their partner so that they have time to play the next shot
- Use three touches of the ball to get the ball back to the other team

Adapted Learning (Differentiation) (Challenge)

Children to select the appropriate shot when the ball is played, if not ask group to use only volleys.

Key Questions

How do we play small sided games?
How do we play 2v2 matches?

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.



2v2 Matches:

In the same groups as the previous drill. They now play 2v2 matches across a net.

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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Lesson Objective

To introduce the skills of throwing, dodging, blocking and catching in same, modified games of dodgeball

Lesson 4/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Throw and catch the ball with accuracy and good technique
- Decide when to catch or dodge the ball
- Know how to avoid being hit, by positioning themselves correctly on the court

Adapted Learning (Differentiation) (Challenge)

Group children by ability to add challenge and differentiation.

Key Questions

How do we throw the ball?

Warm Up



Throwing:

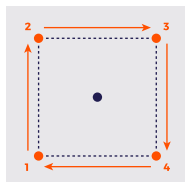
In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.

Main Activity



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 time the dodger is hit. Swap roles and play for a further two minutes.



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

Throw:

- Grip the ball between fingers and thumb
- Raise arm at shoulder height behind the head
- Elbow should be slightly bent
- Step towards target with opposite foot and release the ball at side of head

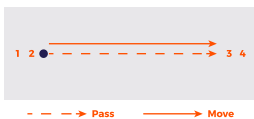
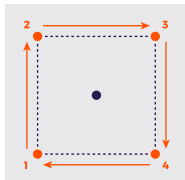
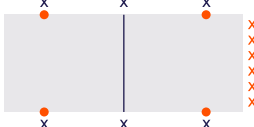

Dodging:

- Children should avoid being still and stand in a ready position to keep moving in different directions
- Keep on your toes and be able to react quickly

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Lesson Objective	To introduce the basic rules of dodgeball in adapted games	Lesson 5/6
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 rules• Know that they need to work as part of a team• Know to aim low to get an opponent out	
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	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.  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.  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	Single Ball Attack: One player runs towards the centre line and aims at an opponent.	

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Lesson Objective	To play small, modified games of dodgeball	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Catch a ball in ready position and attempt it in a game situation • Be in a good 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	<p>Throw, Catch, Aim:</p> <p>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.</p> 	
Main Activity	<p>Circle Ball (Blocking):</p> <p>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.</p> <p>Tournaments:</p> <p>In teams of six, children will play dodgeball matches. The children will be introduced to the basic rules:</p> <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 <p>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.</p>  	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> • Be in the 'ready position' (knees slightly bent, feet shoulder width apart, hands out) • Keep your eyes on the ball all the time • Bring ball into your body as you catch 	