

Recap: What do we know about volleyball?

Lesson 1/6

**To introduce which shot
needs to be played and
keeps a rally going
with a partner
in volleyball**

Success Criteria

To be able to:

- **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 has to be played up high, and ball should be travelling slowly**

Recap: To introduce which shot needs to be played and keeps a rally going with a partner in volleyball

Lesson 2/6

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

Success Criteria

To be able to:

- **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**

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

Lesson 3/6

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

Success Criteria

To be able to:

- 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**

Recap: What do we know about dodgeball?

Lesson 4/6

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

Success Criteria

To be able to:

- 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**

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

Lesson 5/6

To introduce the basic rules of dodgeball in adapted games

Success Criteria

To be able to:

- 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

Recap: To introduce the basic rules of dodgeball in adapted games

Lesson 6/6

To play small, modified games of dodgeball

Success Criteria

To be able to:

- Catch a ball in the ready position and attempt it in a game situation**
- Be in a good position and be able to move around freely**
- Understand how to get teammates back in the game**