

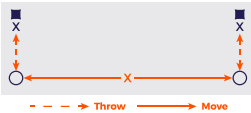

# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

<b>Lesson Objective</b>	To introduce the ready position and be able to volley/set the ball to a partner in volleyball	<b>Lesson 1/6</b>
<b>Equipment Needed</b>	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Stand in the ready position and move towards the ball</li><li>• Understand that the 'volley' is played above the head</li><li>• Use soft hands when passing the ball but will not hold the ball</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Use balloons or lighter balls to encourage success.	
<b>Key Questions</b>	How do I play the volley?	
<b>Warm Up</b>	<p><b>Knee Boxing:</b></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>	
<b>Main Activity</b>	<p><b>Overhead Throw:</b></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><b>The Volley:</b></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><b>Dig - Volley Rally:</b></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>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Volley:</b></p> <ul style="list-style-type: none"><li>• Form a triangle with thumbs and fingers but hands are not touching</li><li>• Place hands directly in front of the face close to the forehead</li><li>• On contact, extend the arms and legs, pushing the ball upwards</li><li>• Hands follow the path of the ball</li></ul>	

# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

<b>Lesson Objective</b>	To introduce the dig/forearm pass the ball to a partner in volleyball	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Stand in the ready position and move towards the ball</li><li>• Have a wide base and be low to the ground</li><li>• Understand that the power for the dig comes from the legs and not the arms</li><li>• Understand when the dig/forearm pass is needed to be played</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Use balloons or lighter balls to encourage success.	
<b>Key Questions</b>	How do I play the dig?	
<b>Warm Up</b>	<p><b>Straight Arm Catch:</b></p> <p>Put the children in pairs. Once they have found their own space in the hall, they will practice throwing and catching the volleyball with a straight arm catch (Coach will demonstrate). Swap after five goes each.</p>	
<b>Main Activity</b>	<div><p>The diagram shows two 'gates' represented by vertical lines with 'X' marks at the top and bottom. A ball is shown at the bottom left. A dashed arrow labeled 'Throw' points from the ball towards the left gate. A solid arrow labeled 'Move' points from the ball towards the right gate.</p></div> <p><b>The Dig:</b></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><b>Passing Gates:</b></p> <p>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).</p> <div><p>The diagram shows a central vertical dashed line representing a net. On either side of the net, there are 'X' marks representing players. There are two 'X' marks on the left and two on the right, positioned at different heights to represent a rally.</p></div> <p><b>Dig - Volley Rally:</b></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'. Children can compete to beat their previous score.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Dig:</b></p> <ul style="list-style-type: none"><li>• Place the back of the right hand on top of the palm of the left hand with thumbs together</li><li>• Hold arms out straight in front elbows locked</li><li>• Hands start low in front of the body and move up to strike the ball with lower forearms</li></ul>	

# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

### Lesson Objective

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

Lesson 3/6

### Equipment Needed

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

### Success Criteria

Children can:

- 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

What is the ready position?

### 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

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 the gain one point for every time they are successful.

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.



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).

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Ready Position:

The stance a player takes when they are "ready" to pass the ball.

- Children have their knees bent, feet shoulder width apart, chest facing forward
- Children have their hands in a neutral position in front of the body with arms and hands ready to move for a volley or a dig

# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

### Lesson Objective

To introduce the throwing technique in dodgeball

Lesson 4/6

### Equipment Needed

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

### Success Criteria

Children can:

- Throw the ball with good technique
- Aim at and sometimes hit a moving target
- Throw the ball whilst on the move

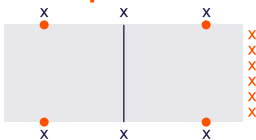
### Adapted Learning (Differentiation) (Challenge)

Group by ability, use different sized balls.

### Key Questions

How do we throw the ball?

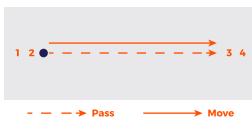
### Warm Up



### Dodgeball Gauntlet:

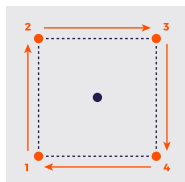
Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to as many to the other side as possible.

### Main Activity



### 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.



### 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.

### Dodgeball Benchball:

Each team will have a bench at the back of their court. If they hit somebody on the other team, they must go to the bench. To be set free they must catch a ball thrown from their teammates. The team to get everybody to on their bench first wins.



### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

- 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


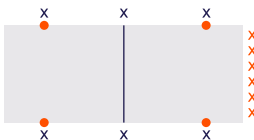
# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

Lesson Objective	To introduce the catching technique in dodgeball	Lesson 5/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"><li>• Use the ready position and be able to move around the court</li><li>• Catch a ball in ready position and attempt it in a game situation</li><li>• Catch a ball aimed at their knees and lower legs</li></ul>	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	How do we catch the ball?	
Warm Up	<p><b>Dodger In The Middle:</b></p> <p>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.</p>	
Main Activity	<div><p>--- - - - -&gt; Pass      - - - - -&gt; Move</p></div> <p><b>Catching:</b></p> <p>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.</p> <div><p>- - - - -&gt; Move    - - - - -&gt; Pass    - - - - -&gt; Throw</p></div> <p><b>Throw, Catch, Aim:</b></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>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"><li>• Be in the 'ready position' (knees slightly bent, feet shoulder width apart, hands out)</li><li>• Keep your eyes on the ball all the time</li><li>• Bring ball into your body as you catch</li></ul>	

# Year 3 - Intro to Net & Wall Games

## Volleyball & Dodgeball - Lesson Plan

<b>Lesson Objective</b>	To introduce ways of avoiding being hit in dodgeball	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Dodgeballs (Various colours if possible) cones, markers, bibs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Dodge the ball successfully</li><li>• Start to duck and sidestep to dodge the ball</li><li>• Start to block the ball that is thrown at them</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group teams by ability to add challenge and differentiation.	
<b>Key Questions</b>	How do we avoid being hit?	
<b>Warm Up</b>	<b>Catching:</b> 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.	
<b>Main Activity</b>	 <p>The diagram shows a rectangular area divided into three sections labeled 1, 2, and 3. A dashed arrow points from section 1 to section 3, passing through section 2. A red dot is at the start of the arrow in section 1.</p> <p><b>Dodger In The Middle:</b> 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.</p>  <p>The diagram shows a rectangular area divided into three sections. On the left and right sides, there are three 'X' marks each, representing throwers. A vertical line runs down the center, representing the dodger's path.</p> <p><b>Dodgeball Gauntlet:</b> 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 as many people to the other side as possible.</p> <p><b>Doctor Dodgeball:</b> 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.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	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.	