

Recap: What do we know about volleyball?

Lesson 1/6

To introduce the ready position and be able to volley/set the ball to a partner in volleyball

Success Criteria

To be able to:

- **Stand in the ready position and move towards the ball**
- **Understand that the 'volley' is played above the head**
- **Use soft hands when passing the ball but will not hold the ball**

Recap: To introduce the ready position and be able to volley/set the ball to a partner in volleyball

Lesson 2/6

To introduce the dig/forearm pass to pass the ball to a partner in volleyball

Success Criteria

To be able to:

- **Stand in the ready position and move towards the ball**
- **Have a wide base and be low to the ground**
- **Understand that the power for the dig comes from the legs and not the arms**
- **Understand when the dig/forearm pass is needed to be played**

Recap: To introduce the dig/forearm pass the ball to a partner in volleyball

Lesson 3/6

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 an appropriate pass**
- **Understand that their pass must be played up high, and the ball should be travelling slowly**

Recap: What do we know about dodgeball?

Lesson 4/6

To introduce the throwing technique in dodgeball

Success Criteria

To be able to:

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

Recap: To introduce the throwing technique in dodgeball

Lesson 5/6

To introduce the catching technique in dodgeball

Success Criteria

To be able to:

- **Use the ready position and be able to move around the court**
- **Catch a ball in ready position and attempt it in a game situation**
- **Catch a ball aimed at their knees and lower legs**

Recap: To introduce the catching technique in dodgeball

Lesson 6/6

To introduce ways to avoid being hit in dodgeball

Success Criteria

To be able to:

- **Dodge the ball successfully**
- **Start to duck and sidestep to dodge the ball**
- **Start to block the ball that is thrown at them**