

# PLAYING

# EDSTART

## Year 3 - Intro to Net & Wall Games

### Volleyball & Dodgeball - Unit of Work

**Pupils will be taught...**

#### Overall Learning Outcomes (Endpoints)

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##### Children can:

- Stand in the ready position and move towards the ball
- Use soft hands when passing the ball but will not hold the ball
- Understand that the power for the dig comes from the legs and not the arms
- Understand that the 'volley' is played above the head
- Understand when the 'dig'/'forearm' pass is needed to be played
- Throw the ball with good technique
- Aim at and sometimes hit a moving target
- 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

### Learning Objective

### Learning Outcomes

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

Children can:

- 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

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

Children can:

- 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

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

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

**4 To introduce the throwing technique in dodgeball**

Children can:

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

**5 To introduce the catching technique in dodgeball**

Children can:

- 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

**6 To introduce ways to avoid being hit in dodgeball**

Children can:

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

### Assessment Mark

### Requirements

#### Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

#### On Target

- Can hold racket correctly
- Can balance a ball on the racket and move
- Can hit the ball up with the racket
- Moves in a comfortable and controlled way, with the racket
- Can hit a bouncing ball

#### Above Target

- Understands how to score points within a game
- Is confident when hitting a bouncing ball
- Can direct the ball in space on the court
- Uses spatial awareness to judge court positions

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Demonstrates leadership qualities
- Effectively apply some elements of strategy and tactics
- Consistently demonstrate an understanding of spatial awareness

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.