

COMPETING

EDSTART

Year 5 - Volleyball

Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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**
- **Jump and 'spike' the ball**
- **Understand that they rotate in a clockwise direction**
- **Understand the roles of back court players and front court players**

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Unit of Work

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Learning Objective

Learning Outcomes

1 To understand the ready position and be able to volley/set the ball to a partner

Children can:

- Stand in the ready position and move towards the ball
- Understand that the 'volley' is played above the head
- Have their strongest foot slightly forward
- Use soft hands when passing the ball but will not hold the ball

2 To dig/forearm pass the ball to a partner

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 the overarm serve

Children can:

- Know how they need to contact the ball in order for it to travel to a partner/over the net
- Turn their body into the direction they want to serve
- Stand with least dominant foot forward and step on to dominant foot when hitting the ball

4 To set up an attack with a partner and send it over a net

Children can:

- Step and jump towards the ball
- Know how to contact the ball with their hand and give it direction
- Hit the ball at the highest point when it is set to them

5 To play small 4v4 games and understand the rotation of positions

Children can:

- Use the skills learnt to play small games
- Direct the ball into different spaces on the court
- Understand that they rotate in a clockwise direction
- Dig/set from an underarm serve to continue the rally

6 To play small tournaments using the skills and rules taught throughout the term

Children can:

- Safely play small tournament games and follow the simple rules
- Understands how the points system works within a game
- Uses spacial awareness and observational skills to determine their own and others court positions
- Know how to start, restart, and score in the games

Assessment Mark

Requirements

Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes
- Retain key information
- Understand basic rules of the game

On Target

- Can perform a range of passes against a defender
- Can dribble with a ball confidently using the correct techniques against a defender
- Use correct technique when aiming at a target against a defender
- Can stand in the ready position and move towards the ball
- Consistently demonstrate an understanding of spatial awareness

Above Target

- Can perform a range of passes in a game situation
- Can serve overarm
- Can select the correct technique for each pass
- Can direct the ball into different spaces on the court
- Effectively apply some elements of strategy and tactics
- Understand that they must move the ball forward at the same time as passing it backwards

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can identify and use tactics to help the team keep the ball and advance it forward
- Can identify and use tactics to help the team defend and win the ball back
- Can officiate small games between themselves and are able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance

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**.