

Recap: What do we know about volleyball?

Lesson 1/6

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

EDSTART KNOW

- I can explain what the ready position is in volleyball.
- I can describe when to use a volley and when to use a dig.
- I can understand how body position affects control of the ball.

EDSTART GO

- I can move into the ready position with balance and control.
- I can play a volley using my fingertips and a dig using my forearms.
- I can rally with a partner using volleys and digs.

EDSTART SHOW

- I can encourage my partner when practising volleys and digs.
- I can respect others during pair challenges.
- I can work fairly when rallying.

Recap: To understand the ready position and be able to volley/dig the ball to a partner

Lesson 2/6

To overarm serve the ball towards a partner

EDSTART KNOW

- I can explain what serving is and why it starts a rally.
- I can describe the technique for an overarm serve.
- I can understand how to aim serves into specific areas.

EDSTART GO

- I can serve the ball over a net using an underarm or overarm action.
- I can step forward and strike the ball with my palm.
- I can serve consistently into a target area.

EDSTART SHOW

- I can respect my opponent when serving.
- I can encourage my partner when they are serving.
- I can play fairly in serving competitions.

Recap: To overarm serve the ball towards a partner

Lesson 3/6

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

EDSTART KNOW

- I can explain what a set is in volleyball.
- I can describe the correct technique for setting.
- I can understand how to set up an attack for a teammate.

EDSTART GO

- I can set the ball using my fingertips above my head.
- I can move to the ball and direct it into the air.
- I can combine with a partner to create an attacking shot.

EDSTART SHOW

- I can encourage my teammate when they set or spike.
- I can respect others when rotating roles.
- I can cooperate to build an attack.

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

Lesson 4/6

To direct the ball into different areas of the court to set up an attack

EDSTART KNOW

- I can explain why we rotate positions in volleyball.
- I can describe how to direct the ball into space.
- I can understand how to position myself on the court.

EDSTART GO

- I can spike using correct footwork and timing.
- I can direct the ball into open areas of the court.
- I can rotate correctly after my team wins a serve back.

EDSTART SHOW

- I can respect teammates when rotating positions.
- I can encourage others when spiking or setting.
- I can cooperate to cover different positions.

Recap: To direct the ball into different areas of the court to set up an attack

Lesson 5/6

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

EDSTART KNOW

- I can explain the basic rules of volleyball.
- I can describe where to position myself to receive the first pass.
- I can understand the aim of keeping the ball in play for three touches.

EDSTART GO

- I can dig, set, and spike in small-sided games.
- I can rotate positions when my team wins the serve.
- I can play in 4v4 games using rules fairly.

EDSTART SHOW

- I can respect opponents and referees in small games.
- I can support teammates in rallies.
- I can show fairness whether I win or lose.

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

Lesson 6/6

To play small tournaments

using the skills and rules taught throughout the term

EDSTART KNOW

- I can explain how to score in volleyball.
- I can describe how to restart and rotate after winning a point.
- I can understand how to apply rules in tournament matches.

EDSTART GO

- I can serve, rally, and rotate in tournament games.
- I can apply attacking and defending skills under pressure.
- I can score points fairly in competition.

EDSTART SHOW

- I can respect referees, scorers, and opponents.
- I can encourage my team throughout tournaments.
- I can show fairness whether I win or lose.