

Recap: What do we know about volleyball?

Lesson 1/6

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

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain what the ready position looks like.• I can describe how to make a triangle shape with my hands for a volley.• I can understand why I need to use my legs for power, not my arms.	<ul style="list-style-type: none">• I can stand in the ready position and react quickly.• I can volley the ball above my head using soft hands.• I can rally with a partner using volleys.	<ul style="list-style-type: none">• I can respect my partner by playing fairly.• I can encourage others during volley rallies.• I can celebrate success in challenges with my team.

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

Lesson 2/6

To dig/forearm pass the ball to a partner

EDSTART KNOW

- I can explain what a dig is.
- I can describe how to keep my arms straight when digging.
- I can understand when to use a dig instead of a volley.

EDSTART GO

- I can dig the ball using my forearms.
- I can rally with a partner using digs and volleys.
- I can move into position quickly to perform a dig.

EDSTART SHOW

- I can respect teammates during dig practice.
- I can encourage others during rallies.
- I can celebrate my group's progress fairly.

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

Lesson 3/6

To introduce the overarm serve

EDSTART KNOW

- I can explain what the serve is used for.
- I can describe the correct stance for an overarm serve.
- I can understand how to direct my serve into space.

EDSTART GO

- I can perform an overarm serve with correct technique.
- I can serve consistently into target areas.
- I can apply serving in games like Battleships.

EDSTART SHOW

- I can respect opponents when serving.
- I can encourage others to improve their serve.
- I can support my team during serving competitions.

Recap: To introduce the overarm serve

Lesson 4/6

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

EDSTART KNOW

- I can explain what a set is.
- I can describe how to prepare for a spike.
- I can understand the sequence of dig-set-spike.

EDSTART GO

- I can set the ball high for a partner to attack.
- I can practise the footwork needed for a spike.
- I can combine dig, set, and spike in sequences.

EDSTART SHOW

- I can respect teammates when setting and spiking.
- I can encourage others to complete the sequence.
- I can celebrate teamwork during challenges.

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

Lesson 5/6

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

EDSTART KNOW

- I can explain how rotation works in volleyball.
- I can describe where each player stands on the court.
- I can understand how to use different shots in a game.

EDSTART GO

- I can rotate positions fairly during games.
- I can apply passing, setting, and spiking in 4v4 matches.
- I can direct the ball into space to score points.

EDSTART SHOW

- I can respect referees and teammates in matches.
- I can encourage my team during 4v4 play.
- I can celebrate my group's effort fairly.

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	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain the rules of volleyball.• I can describe how scoring works in matches.• I can understand how to combine all skills in tournament play.	<ul style="list-style-type: none">• I can play small-sided volleyball matches.• I can rotate positions correctly during games.• I can use volleys, digs, sets, and serves in matches.	<ul style="list-style-type: none">• I can respect referees, teammates, and opponents.• I can encourage others throughout tournaments.• I can show fairness whether I win or lose.