

Recap: What do we know about volleyball?

Lesson 1/6

**To develop passing
the ball to a partner**

**who is moving
forwards to a
space in volleyball**

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">I can explain how to use my first pass to set up an attack.I can describe why the ball should travel up and towards the net.I can understand the 3-touch rule in volleyball.	<ul style="list-style-type: none">I can pass the ball forward to my partner.I can perform the dig-set pattern to keep rallies going.I can react quickly to move into position for the next touch.	<ul style="list-style-type: none">I can respect my teammates by giving them good passes.I can encourage others during setting activities.I can celebrate effort during rallies, not just points.

Recap: To develop passing the ball to a partner who is moving forwards to a space in volleyball

Lesson 2/6

To play 2v2 volleyball games and be able to work together to send the ball towards the other team

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain how to set the ball parallel to the net.• I can describe the basic footwork for spiking.• I can understand how the dig-set-spike sequence works.	<ul style="list-style-type: none">• I can set the ball high for my partner.• I can attempt the spike shot using correct footwork.• I can apply dig-set-spike sequences in groups.	<ul style="list-style-type: none">• I can respect teammates when setting and spiking.• I can encourage others during attacking practice.• I can celebrate teamwork during rallies.

Recap: To play small 2v2 volleyball games and be able to work together to send the ball towards the other team

Lesson 3/6

To play small volleyball 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 rotation in volleyball.• I can describe how to start, restart, and score points.• I can understand why teamwork is important in 4v4 matches.	<ul style="list-style-type: none">• I can rotate correctly after winning back service.• I can apply skills in 4v4 volleyball games.• I can use dig, set, and spike in matches.	<ul style="list-style-type: none">• I can respect referees and opponents in tournaments.• I can encourage my team during 4v4 games.• I can play fairly whether I win or lose.

Recap: What do we know about dodgeball?

Lesson 4/6

To develop the basic rules of dodgeball in adapted games

EDSTART KNOW

- I can explain the key rules of dodgeball.
- I can describe why aiming low is safer.
- I can understand how teamwork helps success.

EDSTART GO

- I can dodge and avoid being hit in games.
- I can throw at targets using correct technique.
- I can apply rules in adapted dodgeball matches.

EDSTART SHOW

- I can respect opponents during play.
- I can encourage my team in matches.
- I can celebrate effort fairly.

Recap: To develop the basic rules of dodgeball in adapted games

Lesson 5/6

To work as part of a team in a dodgeball game

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain how to position myself when attacking or defending.• I can describe how to use the ball to block.• I can understand why communication helps my team.	<ul style="list-style-type: none">• I can throw accurately at opponents.• I can block throws to defend my team.• I can work as part of a team in dodgeball games.	<ul style="list-style-type: none">• I can respect teammates and opponents.• I can encourage others when playing as a team.• I can celebrate defensive effort as much as attacking.

Recap: To work as part of a team in a dodgeball game

Lesson 6/6

To develop the skills needed to play small, modified games of dodgeball

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain the full rules of dodgeball.• I can describe how to win a game fairly.• I can understand how to play as part of a team.	<ul style="list-style-type: none">• I can play tournament dodgeball games.• I can apply throwing, dodging, catching, and blocking skills.• I can follow the rules consistently in competitive play.	<ul style="list-style-type: none">• I can respect referees and opponents in tournaments.• I can encourage my team to keep going.• I can play fairly whether I win or lose.•