

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

- 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.

EDSTART GO

- 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.

EDSTART SHOW

- 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

- 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.

EDSTART GO

- 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.

EDSTART SHOW

- 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

- 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.

EDSTART GO

- 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.

EDSTART SHOW

- 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

- 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.

EDSTART GO

- 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.

EDSTART SHOW

- 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

- **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.**

EDSTART GO

- **I can play tournament dodgeball games.**
- **I can apply throwing, dodging, catching, and blocking skills.**
- **I can follow the rules consistently in competitive play.**

EDSTART SHOW

- **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.**
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