

Recap: What do we know about volleyball?

Lesson 1/6

To develop the ability to decide which shot needs to be played in volleyball and keeps a rally going with a partner

EDSTART KNOW

- I can explain the difference between a volley and a dig.
- I can describe how to move my feet to get into line with the ball.
- I can understand why my pass should travel high and slowly.

EDSTART GO

- I can play both a dig and a volley with correct technique.
- I can move into position before hitting the ball.
- I can keep a rally going with my partner.

EDSTART SHOW

- I can respect my partner when practising rallies.
- I can encourage others to keep the ball in play.
- I can celebrate effort and improvement fairly.

Recap: To develop the ability to decide which shot needs to be played in volleyball and keeps a rally going with a partner

Lesson 2/6

To develop passing the ball to a partner who is moving forwards to a space

EDSTART KNOW

- I can explain the dig-set pattern.
- I can describe how the first pass should travel up towards the net.
- I can understand the 3-touch rule.

EDSTART GO

- I can pass accurately to a moving partner.
- I can perform the set to prepare for an attack.
- I can apply passing in games like Find the Gate.

EDSTART SHOW

- I can respect teammates by setting them up for success.
- I can encourage others in group games.
- I can celebrate teamwork in rallies

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

Lesson 3/6

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

EDSTART KNOW

- I can explain the rules of 2v2 volleyball.
- I can describe why passes must be played before returning the ball.
- I can understand how to support my partner.

EDSTART GO

- I can play 2v2 volleyball matches with my team.
- I can use the dig-set-send sequence.
- I can apply positioning and teamwork in matches.

EDSTART SHOW

- I can respect referees and opponents.
- I can encourage my teammate during games.
- I can play fairly whether I win or lose.

Recap: What do we know about dodgeball?

Lesson 4/6

To develop the skill of throwing and catching with a dodgeball

EDSTART KNOW

- I can explain how to grip and release the ball.
- I can describe why stepping towards my target helps accuracy.
- I can understand how to hit a moving target.

EDSTART GO

- I can throw with correct technique.
- I can catch dodgeballs safely.
- I can apply skills in games.

EDSTART SHOW

- I can respect opponents when throwing.
- I can encourage teammates during matches.
- I can celebrate effort as well as success.

Recap: To develop the skill of throwing and catching with a dodgeball

Lesson 5/6

To develop the skill of blocking in dodgeball

EDSTART KNOW

- I can explain how to block using another ball.
- I can describe when to dodge and when to block.
- I can understand how teamwork helps protect players.

EDSTART GO

- I can block incoming throws with control.
- I can dodge and move to stay in play.
- I can use blocking in games.

EDSTART SHOW

- I can respect my teammates when playing as a blocker.
- I can encourage others to stay in the game.
- I can celebrate defensive effort fairly.

Recap: To develop the skill of blocking in dodgeball

Lesson 6/6

To develop ways of avoiding being hit in dodgeball

EDSTART KNOW

- I can explain how to avoid being hit.
- I can describe how to jump, duck, sidestep, and move quickly.
- I can understand how to position myself safely on the court.

EDSTART GO

- I can dodge incoming throws using correct movement.
- I can move quickly across the court to stay safe.
- I can apply dodging skills in games.

EDSTART SHOW

- I can respect opponents when dodging.
- I can encourage teammates to keep moving.
- I can celebrate effort fairly in games.