

Recap: What do we know about volleyball?

Lesson 1/6

**To introduce which shot
needs to be played and
keeps a rally going
with a partner
in volleyball**

EDSTART KNOW

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

EDSTART GO

- I can perform a volley using the correct hand shape.
- I can perform a dig using my forearms.
- I can keep a rally going with my partner.

EDSTART SHOW

- I can respect my partner during rallies.
- I can encourage others to keep practising.
- I can celebrate effort, not just success.

Recap: To introduce which shot needs to be played and keeps a rally going with a partner in volleyball

Lesson 2/6

To introduce passing the ball to a partner who is moving forwards to a space in volleyball

EDSTART KNOW

- I can explain the “dig-set-send” sequence.
- I can describe how the first pass sets up an attack.
- I can understand the 3-touch rule.

EDSTART GO

- I can pass the ball accurately to a moving partner.
- I can combine passes in the dig-set-send sequence.
- I can apply passing in 2v2 matches.

EDSTART SHOW

- I can respect teammates when setting them up.
- I can encourage my group during activities.
- I can celebrate teamwork fairly.

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

Lesson 3/6

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

EDSTART KNOW

- I can explain the rules of small-sided volleyball.
- I can describe why I should pass before sending the ball back.
- I can understand how to rotate in games.

EDSTART GO

- I can play using 3 touches on my side of the court.
- I can set up my partner for an attacking shot.
- I can apply skills in 2v2 matches.

EDSTART SHOW

- I can respect referees and teammates.
- I can encourage my partner in matches.
- I can play fairly whether I win or lose.

Recap: What do we know about dodgeball?

Lesson 4/6

**To introduce the skills
of throwing, dodging,
blocking and catching
in same, modified
games of dodgeball**

EDSTART KNOW

- I can explain how to throw with accuracy.
- I can describe when to dodge or block.
- I can understand how to position myself on court.

EDSTART GO

- I can throw and catch with correct technique.
- I can dodge throws to stay in the game.
- I can use blocking skills in activities.

EDSTART SHOW

- I can respect opponents when throwing.
- I can encourage my teammates in games.
- I can celebrate defensive effort fairly.

Recap: To introduce the skills of throwing, dodging, blocking and catching in same, modified games of dodgeball

Lesson 5/6

To introduce the basic rules of dodgeball in adapted games

EDSTART KNOW

- I can explain the basic rules of Dodgeball.
- I can describe why teamwork is important.
- I can understand why I should aim low when throwing.

EDSTART GO

- I can play adapted Dodgeball games.
- I can use teamwork to win points.
- I can apply rules in Dodgeball games.

EDSTART SHOW

- I can respect referees and opponents.
- I can encourage my team to work together.
- I can play fairly in matches

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

Lesson 6/6

To play small, modified games of dodgeball

EDSTART KNOW

- I can explain how to catch safely.
- I can describe how to get teammates back in.
- I can understand the key rules of Dodgeball.

EDSTART GO

- I can catch throws in a ready position.
- I can move freely around the court.
- I can apply all my Dodgeball skills in matches.

EDSTART SHOW

- I can respect opponents and referees in games.
- I can encourage my team during tournaments.
- I can celebrate fairness and effort.