

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.**