

Recap: What do we know about volleyball?

Lesson 1/6

To introduce the ready position and be able to volley/set the ball to a partner in volleyball

EDSTART KNOW

- I can explain how to stand in the ready position.
- I can describe how to form a triangle with my hands for a volley.
- I can understand that the ball must be played above my head

EDSTART GO

- I can move into position to volley the ball.
- I can pass the ball to a partner using a set.
- I can rally with my partner using volleys.

EDSTART SHOW

- I can respect my partner when practising.
- I can encourage my group in rally challenges.
- I can celebrate effort as well as accuracy.

Recap: To introduce the ready position and be able to volley/set the ball to a partner in volleyball

Lesson 2/6

To introduce the dig/forearm pass to pass the ball to a partner in volleyball

EDSTART KNOW

- I can explain when to use a dig.
- I can describe how to join my hands and arms together.
- I can understand that the power comes from my legs, not my arms.

EDSTART GO

- I can perform a dig with correct technique.
- I can move into position to pass the ball.
- I can use dig and volley in partner rallies.

EDSTART SHOW

- I can respect my partner when working in pairs.
- I can encourage others in dig challenges.
- I can celebrate fairness and teamwork.

Recap: To introduce the dig/forearm pass the ball to a partner in volleyball

Lesson 3/6

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

EDSTART KNOW

- I can explain what the ready position is.
- I can describe when to use a volley or a dig.
- I can understand that the ball should travel high and slowly.

EDSTART GO

- I can choose between a volley or dig.
- I can move into line with the ball.
- I can apply skills in small activities.

EDSTART SHOW

- I can respect others in partner rallies.
- I can encourage my group during games.
- I can celebrate effort and fair play.

Recap: What do we know about dodgeball?

Lesson 4/6

To introduce the throwing technique in dodgeball

EDSTART KNOW

- I can explain how to grip the ball for an overarm throw.
- I can describe how to step with my opposite foot when throwing.
- I can understand how to aim at a moving target.

EDSTART GO

- I can throw with good technique.
- I can hit a target in challenges.
- I can use throwing in Dodgeball games.

EDSTART SHOW

- I can respect opponents when throwing.
- I can encourage my team in matches.
- I can celebrate accuracy fairly.

Recap: To introduce the throwing technique in dodgeball

Lesson 5/6

To introduce the catching technique in dodgeball

EDSTART KNOW

- I can explain how to stand in the ready position.
- I can describe how to bring the ball into my body when catching.
- I can understand why I must watch the ball closely.

EDSTART GO

- I can catch using the ready position.
- I can catch balls aimed at my legs or body.
- I can apply catching in Dodgeball games.

EDSTART SHOW

- I can respect throwers when catching.
- I can encourage teammates in catching challenges.
- I can celebrate fairness in matches.

Recap: To introduce the catching technique in dodgeball

Lesson 6/6

To introduce ways to avoid being hit in dodgeball

EDSTART KNOW

- I can explain how to avoid being hit.
- I can describe different ways to dodge a ball.
- I can understand how to block safely.

EDSTART GO

- I can dodge using side steps, ducking, and jumping.
- I can block throws using a ball.
- I can use dodging and blocking in Dodgeball games.

EDSTART SHOW

- I can respect opponents in Dodgeball games.
- I can encourage my team to play fairly.
- I can celebrate effort, not just winning.