

Topic/Project: Volleyball (Year 10-11)		Timescale:					
Learning Intentions/Outcomes	Lesson activities	Teaching points	Key terminology	Resources (including ICT)	Extension Activities / Homework	Assessment for Learning Opportunities	Cross Curricular Links
<b>Volley/Set</b> To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball. To begin to outwit opponents with the movement of the ball	Warm up – Student led. 3’s; start sat down. Competition. How many in a minute.	Teaching points; use finger tips, don’t catch ball. Discuss difficulties sat down. Stand up-Squat position + bend knees, Elbow’s out. 1-1 practice volley – feed and volley. 3’s competition, keep ball up for 1 minute. 4 vs 4 small sided games. Basic rules & scoring of V’ball over net –3 touches – King of the cour	Footwork Positioning Strike Follow through	<a href="https://www.youtube.com/watch?v=h5mpBCRK_yk">https://www.youtube.com/watch?v=h5mpBCRK_yk</a>	Extra curricular clubs – out of school	-Success criteria for the lesson can be qualitative or quantitative. -Peer and self-assessment -Strategic questioning -Teacher observation	See SMSCD grid
<b>Dig</b> To perform and replicate the dig technique with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation system during a volleyball game.	Warm up – Student led pulse raiser. Pairs- Recap volley technique in a 2 min keepy uppy rally. Intro dig. Watch professionals in video clip. Dig used when ball is low- recovery. Set is high- attack preparation.	Teaching points; Squat position, Palms together, Feet shoulder width apart. 1-1 free practice. In 3’s; feed-volley-dig – rotate (use net). 4v4 small sided games – have to use all three touches before returning the ball. No punching ball. Score to 21. 5 minute games. King of the court-winners up, losers down.	Footwork Positioning Strike Follow through	<a href="https://www.youtube.com/watch?v=MAFi2kguhYs">https://www.youtube.com/watch?v=MAFi2kguhYs</a>	Extra curricular clubs – out of school	-Success criteria for the lesson can be qualitative or quantitative. -Peer and self-assessment -Strategic questioning -Teacher observation	See SMSCD grid
<b>Serve</b> To accurately replicate serving technique. To be able to outwit opponents using the serve with control & accuracy. To understand	Warm up – Student led pulse raiser. Pairs- Recap volley & dig technique in a 2 min keepy uppy rally. Competitionno of	Teaching points; underarm or overhead, aim for gaps in opposition half, side on, and eye on ball. 4v4 small sided games. Recap rules & scoring.	Weight distribution Arm position Jump serve	<a href="https://www.youtube.com/watch?v=Qv1mA1s8p9Y">https://www.youtube.com/watch?v=Qv1mA1s8p9Y</a>	Extra curricular clubs – out of school	-Success criteria for the lesson can be qualitative or quantitative.	See SMSCD grid

<p>the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score &amp; officiate a full game</p>	<p>consecutive shots. Intro rules of serve &amp; technique. 3's –Serve trying to hit cone/target. Serve, dig and volley drill.</p>	<p>King of the court-winners up, losers down.</p>				<p>-Peer and self-assessment -Strategic questioning -Teacher observation</p>	
<p><b>Spike</b> To be able to accurately replicate the spike technique. To understand the importance of movement and preparation for a smash shot. To begin to analyse opponents weaknesses &amp; devise strategies to exploit them. To understand how to adjust shot selection to enable the outwitting of opponents.</p>	<p>Warm up– Pairs-recap prior learning in a 2 min rally. Discuss power &amp; vertical jump ability and the importance to volleyball. All pupils to record vertical high jump score. Watch video clip of volleyball rallies –focus on spike. 4's -Perform serve, dig, volley and spike sequence. Link to blocking technique.</p>	<p>Teaching points; Take above head height, aim with non striking hand, attack ball near net, angle/aim for the ground. 5 vs 5 small games. Recap rules, rotation &amp; scoring. King of the court-winners up, losers down.</p>	<p>Attacker Attack Hit. Back Row Attack Hit Open Hand Tip</p>	<p><a href="https://www.youtube.com/watch?v=VrMl1dpV8c0">https://www.youtube.com/watch?v=VrMl1dpV8c0</a></p>	<p>Extra curricular clubs – out of school</p>	<p>-Success criteria for the lesson can be qualitative or quantitative. -Peer and self-assessment -Strategic questioning -Teacher observation</p>	<p>See SMSCD grid</p>
<p><b>Tactics/Outwitting opposition</b> To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication. To be able to assess &amp; evaluate own performance and weaknesses.</p>	<p>Warm up – Student led. Watch game clip - Brainstorm possible volleyball tactics- use of 3 shots? angles and ball direction? What are attacking and defensive type shots. 3vs3 to experiment with tactical ideas. Feedback to group.</p>	<p>Teaching points; 6 players &amp; full rotation. Roles and responsibilities at each point. 6v6 games. Recap rules &amp; scoring. 3 touches, cant touch net. Score to 21. King of the court-winners up, losers down.</p>	<p>Ace Dump Jump serve Kill Side out Tip Weak side</p>		<p>Extra curricular clubs – out of school</p>	<p>-Success criteria for the lesson can be qualitative or quantitative. -Peer and self-assessment -Strategic questioning -Teacher observation</p>	<p>See SMSCD grid</p>

<p><b>Game play</b> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge and understanding of the rules in volleyball. To demonstrate a variety of tactics based on the movements of others and the ball.</p>	<p>Warm up in 4's– Recap prior learning in a 3 min rally. Highlight assessment criteria. Play and perform a range of shots in 2vs2 small grid game. Use the correct technique and show ability to outwit opposition.</p>	<p>6 vs 6 full game. Tournament to allow all pupils to progress to max level with differentiated leagues. Pupils organise a full size tournament, officiate, and score matches.</p>	<p>Ace Dump Jump serve Kill Side out Tip Weak side</p>		<p>Extra curricular clubs – out of school</p>	<p>-Success criteria for the lesson can be qualitative or quantitative. -Peer and self-assessment -Strategic questioning -Teacher observation</p>	<p>See SMSCD grid</p>
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