



VOLLEYBALL

Years 5 & 6



Lesson Week:	Lesson Topic:
Week 1	Rallies
Week 2	Serving and Returning
Week 3	Shot Control
Week 4	Skills Recap
Week 5	Skills Recap (Continued)
Week 6	Volleyball Tournament

<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Rallies. • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To perform setting and digging shots. • To move in line with the ball and return it over a net. • To perform small rallies over a net. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Children work in pairs – With 1 ball between two, and stand about four steps apart. One player throws the ball and calls out “1”, “2” or “3”. The other player must catch the ball after the called out number of bounces. If they miss, they must swap roles. 2) Same exercise as 1, but this time, give the children points every time they successfully catch the ball. The child with the highest score wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Call out higher number of bounces. 2) Start by catching instead of trapping on racket. 3) Decrease the distance between partners. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Catch the ball without any bounces. 2) Catch the ball with one hand. 3) Increase the distance between partners.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Cross the Barriers”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a net and one ball between two. Pairs try to keep a rally going for as long as possible, keeping count of how many times they can continuously volley the ball over the net. <p>“Round Rally Challenge”</p> <ol style="list-style-type: none"> 1) Children work in groups of 6 – a net and one ball per group. Groups set up with 4 players on one side of the net (hitters), and one player on the other side (feeder), with a ball and one player stood at the side keeping score (umpire). The feeder throws the ball over the net to one of the 4 hitters, who try to return the ball back over the net. Hitters try to make a rally of 6 individual shots that successfully land on the court. Players change positions after each successful rally. <p>“Keep The Kettle Boiling”</p> <ol style="list-style-type: none"> 1) Children work in teams either side of the net. Each team stands in a line one behind the other. First player in line of the team with the ball serves it over the net and then joins their back of the line. The first player on the other side tries to volley the ball back over the net and then joins the back of their line. Then the first player now on the other side tries to volley the ball back over the net and then joins the back of their line, and so on. Both teams try to keep the rally going for as long as possible. The team that hits the most successful shots back over the net wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Allow a bounce of the ball before hitting the ball back over the net. 3) Allow the ball to bounce anywhere on their side of the net with no real boundary. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Decrease the size of the playing boundaries. 2) Introduce competitions and target scores. 3) Introduce zones the ball is allowed to bounce and zones the ball is not allowed to bounce. 4) Don’t allow bounces of the ball at all.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children try to dig the ball to each other. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Serving and Returning. • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To reinforce setting and digging shots. • To move in line with the ball and return it over a net. • To perform a serve or shot over a net towards a set target. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a net and one ball between two. Children take it in turns to throw the ball over the net and call out a body part (head, shoulders, knees or toes). Their partner has to catch the ball after one bounce, level with that body part. 2) Same exercise as 1, but this time introduce a racket. Children have to hit the ball level with that body part. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Decrease the distance between partners. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball. 2) Increase the distance between partners. 3) Children have to touch that body part before catching/hitting the ball.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Target Serving”</p> <ol style="list-style-type: none"> 1) Children work in pairs – one ball and one hoop between two. Children stand 5-10 metres apart with the hoop in the middle on the floor. Children take it in turns to try to serve into the hoop so it bounces over to their partner who catches the ball. Children receive a point every time they serve into the hoop. 2) Same exercise as 1, but this time, children try to serve over a net and into the hoop. <p>“Hangman”</p> <ol style="list-style-type: none"> 1) Children work in groups of 5 – a net and 1 ball per group. Groups set up with 4 players on one side of the net (hitters), and one player on the other side (feeder), with a ball. The feeder throws the ball over the net to any of the hitters, who try to volley (return) the ball back over the net. If they return the ball over the net, they are still ‘whole’. If they miss or don’t get the ball over the net, they lose a body part. Feeder then throws to another hitter and so on. When hitters have lost all their body parts, they are out. Last remaining hitter is the winner and swaps roles with the feeder. Body parts are lost in the following order: <ol style="list-style-type: none"> a) “1st Miss” – Stand on one leg. b) “2nd Miss” – On one leg, one arm behind back. c) “3rd Miss” – On one knee, one arm behind back. d) “4th Miss” – Kneel on ground, one arm behind back. e) “5th Miss” – Laid on the ground. f) “6th Miss” – They’re out. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Decrease the distance between partners. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow no bounces of the ball. 2) Increase the distance between partners. 3) Children have to hit the ball within the boundary as well as over the net.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Shot Control. • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce setting and digging shots. • To move in line with the ball and return it over a net. • To utilise their shots with accuracy and control. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
Warm Up:	Differentiation:
<p>“Bubbles”</p> <ol style="list-style-type: none"> 1) Children work in a circle in groups of up to eight – one ball per group. The first child digs the ball up and calls out the name of one of their team mates, who runs forward and digs the ball up and calls out another team mates’ name, who does the same and so on. The game continues until the team loses control of the ball and it goes outside of the circle. Groups keep count of how many digs they make. 2) Same exercise as 1, but this time, children have to use their weaker hand to hold their rackets. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Introduce catching the ball then digging it up. . <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball at all. 2) Increase the size of the circle. 3) Children have dig the ball up, then set it up before calling out a name.
Main Content:	Differentiation:
<p>“Set and Spike”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a net and one ball between two. Children take it in turns to serve the ball to their partner, who ‘sets’ the ball up in their air to themselves and then ‘spikes’ the ball back over the net. <p>“Champion of the Court”</p> <ol style="list-style-type: none"> 1) Children work in groups of threes – a net and one ball per group. Children play each other in small singles games with one child keeping score. Each game starts with and underarm feed. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score. 2) Same exercise as 1, but this time, each game starts with a serve instead of an underarm feed. <p>“Ghosts”</p> <ol style="list-style-type: none"> 1) Children work in groups of eight – a net and a ball per group. Children start with 7 ‘hitters’ stood one behind the other on one side of the net and a ‘feeder’ on the other side. The feeder throws the ball over the net to the first hitter in line, who tries to volley (return) the ball back over the net. If they are successful, they move to the back of the line. If they are not, they become a ‘Ghost’ and stand on the same side as the feeder. If a ‘Ghost’ catches a returned ball before it bounces, they come back to life and swap with the child that hit the ball. The game continues until there is only one hitter left ‘Alive’, who is the winner and swaps roles with the feeder. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Introduce catching the ball before setting it up then over (“Set and Spike”). <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow no bounces of the ball. 2) Decrease the court size. 3) Introduce competitions and target scores. 4) Children have to catch ball with one hand to get back in the game (“Ghosts”).
Cool Down:	Assessment Opportunities:
<p>“Bubbles”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time, allow more bounces and children walk instead of run. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Skills Recap. • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce setting and digging shots. • To reinforce moving in line with the ball and returning it. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
Warm Up:	Differentiation:
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Children work in pairs – With 1 ball between two, and stand about four steps apart. One player throws the ball and calls out “1”, “2” or “3”. The other player must catch the ball after the called out number of bounces. If they miss, they must swap roles. 2) Same exercise as 1, but this time, give the children points every time they successfully catch the ball. The child with the highest score wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Call out higher number of bounces. 2) Start by catching and cuddling the ball. 3) Decrease the distance between partners. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Catch the ball without any bounces. 2) Increase the distance between partners.
Main Content:	Differentiation:
<p>“Target Serving”</p> <ol style="list-style-type: none"> 1) Children work in pairs – one ball and one hoop between two. Children stand 5-10 metres apart with the hoop in the middle on the floor. Children take it in turns to try to serve into the hoop so it bounces over to their partner who catches the ball. Children receive a point every time they serve into the hoop. 2) Same exercise as 1, but this time, children try to serve over a net and into the hoop. <p>“Round Rally Challenge”</p> <ol style="list-style-type: none"> 1) Children work in groups of 6 – a net and one ball per group. Groups set up with 4 players on one side of the net (hitters), and one player on the other side (feeder), with a ball and one player stood at the side keeping score (umpire). The feeder throws the ball over the net to one of the 4 hitters, who try to return the ball back over the net. Hitters try to make a rally of 6 individual shots that successfully land on the court. Players change positions after each successful rally. <p>“Champion of the Court”</p> <ol style="list-style-type: none"> 1) Children work in groups of threes – a net and one ball per group. Children play each other in small singles games with one child keeping score. Each game starts with and underarm feed. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score. 2) Same exercise as 1, but this time, each game starts with a serve instead of an underarm feed. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Decrease the distance between partners. 4) Allow as many bounces of the ball as needed before volleying the ball back over the net. 5) Allow the ball to bounce anywhere on their side of the net with no real boundary. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the distance between partners. 2) Children have to hit the ball within the boundary as well as over the net. 3) Decrease the amount of bounces allowed before hitting the ball back over the net. 4) Decrease the size of the playing boundaries. 5) Introduce competitions and target scores. 6) Introduce zones the ball is allowed to bounce and zones the ball is not allowed to bounce.
Cool Down:	Assessment Opportunities:
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have a racket each and try to flick the ball to each other. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Skills Recap (Continued). • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops, Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce setting and digging shots. • To reinforce moving in line with the ball and returning it. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
Warm Up:	Differentiation:
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a net and one ball between two. Children take it in turns to throw the ball over the net and call out a body part (head, shoulders, knees or toes). Their partner has to catch the ball after one bounce, level with that body part. 2) Same exercise as 1, but this time introduce a racket. Children have to hit the ball level with that body part. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Decrease the distance between partners. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball. 2) Increase the distance between partners.
Main Content:	Differentiation:
<p>“Hangman”</p> <ol style="list-style-type: none"> 1) Children work in groups of 5 – a net and 1 ball per group. Groups set up with 4 players on one side of the net (hitters), one player on the other side (feeder), with a ball. The feeder throws the ball over the net to any of the hitters, who try to volley (return) the ball back over the net. If they return the ball over the net, they are still ‘whole’. If they miss or don’t get the ball over the net, they lose a body part. Feeder then throws to another hitter and so on. When hitters have lost all their body parts, they are out. Last remaining hitter is the winner and swaps roles with the feeder. Body parts are lost in the following order: <ol style="list-style-type: none"> a) “1st Miss” – Stand on one leg. b) “2nd Miss” – On one leg, one arm behind back. c) “3rd Miss” – On one knee, one arm behind back. d) “4th Miss” – Kneel on ground, one arm behind back. e) “5th Miss” – Laid on the ground. f) “6th Miss” – They’re out. <p>“Champion of the Court”</p> <ol style="list-style-type: none"> 1) Children work in groups of threes – a net and one ball per group. Children play each other in small singles games with one child keeping score. Each game starts with and underarm feed. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Decrease the distance between team mates. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow one bounce of the ball only. 2) Increase the distance between partners. 3) Decrease the court size.
Cool Down:	Assessment Opportunities:
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Mini-Tennis Tournament. • Up to 30 Children. 	<ul style="list-style-type: none"> • Volleyballs and Volleyball Nets. • Cones, Hula Hoops – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To reinforce setting and digging shots. • To reinforce moving in line with the ball and returning it. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Setting, Digging, Lob, Tap, Spike, Wrist, Volley, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Bubbles”</p> <p>1) Children work in a circle in groups of up to eight – one ball per group. The first child digs the ball up and calls out the name of one of their team mates, who runs forward and digs the ball up and calls out another team mates’ name, who does the same and so on. The game continues until the team loses control of the ball and it goes outside of the circle. Groups keep count of how many hits they make.</p>	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Introduce catching the ball then digging it up. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball at all. 2) Increase the size of the circle. 3) Children have to dig the ball up, then set it before calling out a name.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Playing the Game”</p> <p>1) Children work in teams of 6 and play a round robin 6-v-6 Mini-Volleyball Tournament. Each game starts with an underarm throw from anywhere on the court marked out. Children take it in turns so it is a different player serving each game. Points (Games) are won by the ball bouncing on their opponent’s side of the net. First team to 10 points wins. Ensure all children play other teams.</p>	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger volleyballs. 2) Increase the number of bounces allowed. 3) Increase the court boundary size. 4) Play in bigger groups. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Decrease the court boundary size. 2) Introduce serves (hitting the ball over the net instead of throwing). 3) Award points for serves not going over the net.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Bubbles”</p> <p>1) Same exercises as in the warm up section, but this time, allow more bounces and children walk instead of run.</p>	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.

