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| **Newquay Junior Academy – Physical Education** |
| **Topic:** Volleyball | **Year:** 5 |
| **Composite: To apply and develop fundamental skills learnt in Years 3 and 4 in a volleyball specific context. To understand the rules and be able to co-operate in a team situation. Some students will be able to develop tactics and strategies.**  |

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| **What should they already know?** | **Assessment Criteria** |
| * What ‘net and wall’ games are and can give sports specific examples. For example: badminton.
* What a volleyball court looks like and the basic rules of volleyball.
* Be able to control the direction they hit the ball in.
* Be able to play a game of volleyball, in line with the rules, with a balloon.
 | **GOLD (GD):** Fulfilling and exceeding all the Learning Outcomes. Performing skills fluently and consistently. Having a thorough understanding of the knowledge involved and be able to apply to other areas of PE curriculum.**SILVER (WA):** Meting 80% of the Learning Outcomes, demonstrating a ‘good’ level of skill and knowledge.**BRONZE (WT):** Working towards achieving the Learning Outcomes. |

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| **Learning Outcomes** |
| **Overview of Knowledge** | **Overview of Skill** |
| * I know why body position is important when playing a shot.
* I know when to play a ‘dig’ and ‘volley’.
* I understand how the ‘set’ is used in a game.
* I understand who serves in a game and when.
 | * I can move my body into the correct position and generate power.
* I can perform a ‘volley’ and ‘dig’ with the correct technique.
* I can apply the ‘set’ in a game situation with increasing accuracy and consistency.
* I can serve using the correct technique
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| **Key Vocabulary** | **Life Skills** |
| **Net and Wall games:** Activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. **Dig Volley Underarm serve**Image result for underarm volleyball serveImage result for a definition of setin volleyballImage result for a definition of dig in volleyball | Importance of everyone following the rules.Choosing forms of exercise that you enjoy increases the likelihood of you participating in regular exercise. Respecting your teammates and the opposition.  |

**Year 5 Mini Volleyball S.O.W**

***Composite:*** *To apply and develop fundamental skills learnt in Years 3 and 4 in a volleyball specific context. To understand the rules and be able to co-operate in a team situation. Some students will be able to develop tactics and strategies.*

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| **Stage** | **Focus** | **Learning Objectives** | **Lesson** |
| A | BODY POSITION & VOLLEY | -To understand why body position is important when playing a shot.-Acquire skills to play the ‘volley’. | Intro and expectations.SAQ Warm-Up.What is the game ‘volleyball’? MINDMAP on board.In 3’s: Feeder, worker, receiver. Feeder rolls ball, worker needs to position body so ball travels through their legs. Receiver returns ball. ROTATE. WHY?? BODY POSITION!Intro Volley technique. – emphasise height!In triangle: self-feed, volley.In triangle: feed, volley, catch.  |
| B | VOLLEY | -Continue to develop skills to play the ‘volley’.-Understand the purpose of the ‘volley’.-Apply ‘volley’ in continuous rallies. | SAQ Warm-UpRecap Volley. In 4’s. **F XXX** Workers self-feed and volley to F(catcher). Develop by **F** feeding the ball straight and then at angles. Focus on body position, angles, technique and height. Coned areas. In 4’s, working together – how many volleys in a row?Bronze: 5 Silver: 10 Gold:20Emphasise team work and making it easy for your team mates.  |
| C | DIG | -To be able to get into the correct body position to perform the ‘dig’.-Understand the purpose and technique of the set shot. | SAQ Warm-UpIn 4s. Recap volley by starting with the last activity from the previous week. Introduce DIG. **F XXX** Feeder rolls ball straight, worker has to stop the ball by squatting on it. Develop this by feeder feeding at angles to encourage movement and change in body angles. Same set-up, feeder throws underarm ^ ball, worker digs the ball bag. TECHNIQUEDevelop by feeding it into different spaces. **XX XX** Self-feed, volley – Dig. RESET. Q&A How do you know whether to dig or volley? |
| D | SET | -To understand how the ‘set’ is used to assist your team.-Apply the ‘set’ in small games. | SAQ Warm-Up **F** In 4’s: **XXX (5) (10) (20)**Feeder feeds, worker digs the ball into the score zone. Each student to keep their own score.Intro SET – what is it and why is it used?**X** now underarm feeds the **F**, who sets for **X** to move onto and dig into score zone. Importance of communication. Small games.  |
| E | SERVE | -Understand who serves in a game and when.-To be able to serve using the correct technique and in line with the rules of the game.  | SAQ Warm-Up.How to serve? Rules and techniques. **XXX] : X** Serve from behind line, X receives ball and rolls it back. ROTATE. Talk about where to position the serve and why.Small games (3v3). Understand basic rules and the concept of ‘win the right to serve’.  |
| F | APPLICATION IN GAMES  | -Apply all skills in games with rules.-To apply all skills in games with the use of strategy and tactics, -Evaluate progress and individual performance. | SAQ Warm-Up.Mind Map in teams on mini whiteboards all that has been learnt. Small games in a tournament style with application of shots. Evaluate Volleyball module.  |