

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### Subject: KS1 Year B– Volleyball

**Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.**

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

Perform dances using simple movement patterns.

### Prior Learning (what pupils already know and can do)

- Pupils will be able to catch and strike a ball off a tee.
- Pupils will be able to work in a defined space.
- Pupils will know how to communicate effectively and work well with others.
- Pupils will know how to strike a ball with one hand whilst its air bound.
- Pupils will understand rules and start to be able to accept decision given.

### Long-term Learning (what pupils MUST know and remember) End Goals

#### **Volleyball**

- To know how to send the ball using a volley to a partner with some degree of accuracy, using under and overarm passes and keep a short rally going
- To know how to play games against an opponent using all shots – volley, dig, set, and spike.
- To know how to move around the court and get underneath the ball.
- To play short games of volleyball and be able to score points.
- To accept decisions given and have some understanding of the rules of the game.

#### **Key Vocabulary**

speed, power, spike, volley, dig, set.

#### **Session 1 – To be able to use the correct technique when volleying the ball.**

- To know how to hold the volleyball correctly like holding water in your hands with thumbs next to each other, sitting on top.
- To know how to make a fist with left hand, while placing knuckles to the right and laying thumbs on top.
- To know how strike a ball with some degree of accuracy.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing volleyball.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

#### **Session 2 – To be able to accurately replicate basic volley technique.**

- To be know how to accurately replicate basic volley technique.
- To know how to volley a ball to a partner getting underneath the ball to lift it.
- To know how to return a ball using the best technique.
- To know how to work well with others and communicate effectively in small groups.

Healthy Participation – Highlight the benefits of taking part in volleyball on your long-term health. Discuss the benefits of being healthy and active.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

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Session 3 – **To be able to perform and replicate the dig technique with some control and accuracy.**

- To know how to keep a short rally going with a partner.
- To know how to send the ball using a volley to a partner with some degree of accuracy.
- To know how to volley and dig the ball up and over a net.
- To know how to form a ready position.
- To know how to return the ball after has bounced once.
- To know how to contact the ball on your forehands not hands.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

Session 4 – **To be able to adjust shot selection to enable the outwitting of opponents in small games.**

- To know how to use a set-in small rally's using a large soft ball.
- To know how to use an overhead pass to put the ball in a good position for a partner to return the shot.
- To know how to develop a good grip and stance of the ball.
- To know how to strike using the forehand with more consistency.
- To know how to face the target with your shoulders and feet.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

Session 5 – **To be able to accurately replicate a variety of shots in a small, sided game implementing basic strategies.**

- To know how to use a spike shot to hit the ball nice and high over the net and down to the ground to win points.
- To know how to return the ball.
- To know how to begin a rally a few shots with more success.
  
- To know how to play games against an opponent using all shots – volley, dig, set, and spike.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

Session 6 – **To be able to begin to develop some strategic play during a rally. To be able to have some understanding on how to score and officiate a competitive game.**

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- To know how to move around the court and get underneath the ball.
- To know play short games of volleyball and be able to score points.
- To know how to accept decisions given and have some understanding of the rules of the game.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set.

Future learning this content supports:

This unit will support future subjects in LKS2. Pupils will be able to transfer skills within this unit and they will support learning in summer 1 when pupils go onto Kwik cricket and softball. Pupils will be able to throw and catch and strike a ball with some degree of accuracy.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).