

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Volleyball	5	Spring 2	7 hours
<p>Key Vocabulary: Net, volleyball, position, court, overhead, serve, net shot, service line, drop shot, spike, digging, setting, blocking.</p>				
<p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Understand positioning and game tactics in order to win points. - Evaluate their own performance in order to improve. - Develop a range of shots in order to work as a team to win points. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT introduce a volley	<p>Explain to children they will be looking at Volleyball this half term. What do you already know about it? Have you seen it played before?</p> <p>Warm up- Traffic light cones.</p> <p>Children must find a space. Red cone- Stop, Yellow cone- Walk, Green cone- Run. Hide the three cones behind back, showing one cone to the children who then follow the instruction.</p>	<p>Cones</p> <p>Volley Balls</p>

			<p>Main Activity- Introduce a volley to children. Key points- diamond shape with hands, keep the ball high. Group of 6/7 children in a circle using a volley to pass the ball to each other. Allow the ball to bounce first, then take away the bounce to challenge specific children. See how many they can do without the ball bouncing.</p> <p>Cool Down- Relaxation for 1 min, stretch and discuss session.</p>	
Lesson 2	1 hour	WALT perform a dig.	<p>Warm up- Children in spaces 1-Jog 2-Jump 3-Touch the floor. Shout out different numbers to get bodies warm. Add in 4-change direction later on during the game. Then stretch.</p> <p>Main activity- Introduce a Dig to children. Key points- keep the ball high. Group of 6/7 children in a circle using a dig to pass the ball to each other. Allow the ball to bounce first, then take away the bounce to challenge specific children. See how many they can do without the ball bouncing.</p> <p>Can children now use a dig and a volley to pass the ball.</p> <p>Cool Down- Slow jog, slowing down to walk, stretch.</p>	Volleyballs
Lesson 3	1 hour	WALT to apply knowledge of volleyball into a competitive situation.	<p>Warm up- North, South, East, West. Children must run to the corresponding cone that has been called out. Stretch encouraging children to pick the stretches.</p> <p>Main activity- Split children into equal groups. Give each group a line of cones. The aim is to keep the ball up over each side of the line as you would in a real game. Encourage children to use volley and dig and to keep the ball high.</p> <p>Cool Down- In the river, out the river.</p>	Volleyballs Cones
Lesson 4	1 hour	WALT to learn how to serve	<p>Warm up- Children to pick different warm up exercises and stretches</p>	Volleyballs

			<p>Main activity- Introduce playing over a Net (a bench) – 6 or 7 a side dependent on room. Simple bounce serve or underarm feed over the net. Allow the ball to bounce so to give them more time. Just get the ball going over the net. Do not worry about 3 touches rule.. Reiterate through the game that if the ball is high, use a volley, if below shoulder height use a dig.</p> <p>Observe successes. Discuss problems. Rotate the teams so they all play each other.</p> <p>Cool down- Slow movements and stretch.</p>	<p>Benches Cones</p>
Lesson 5	1 hour	WALT introduce rotation.	<p>Warm up-Jogging and stretching. Warm up of arms and fingers.</p> <p>Main Activity- Start with a game over the net, small sided or up to 6 or 7 a side dependent on space. Simple bounce serve or underarm feed over the net/bench. Let the ball bounce to give them more time. Just get the ball going over the net. Do not worry about 3 touches. Reiterate through the game that if the ball is high, use a volley, if below shoulder height use a dig.</p> <p>Introduce rotation. – The pupils should be spread out so that they make the shape of a W . The serve is always from the back right hand corner. Children rotate each time a point is scored. So a new server each time. Recap on 3 touches (3 touches by team before ball must go over net) and if ball falls below shoulder height – you must dig it, rather than volley.</p> <p>Cool down- Slow movements and stretches.</p>	<p>Net/Benches Volleyballs</p>

Lesson 6	1 hour	WALT incorporate skills into a game	<p>Warm up- Jog around, teacher calls out a number, children to get into a group of that number as quick as they can.</p> <p>Main Activity- Get children into equal teams of number and ability. Set up tournament over 2 weeks so every team plays each other.</p> <p>Cool down- In the river, out the river.</p>	Net/Benches Volleyballs
Lesson 7	1 hour	WALT incorporate skills into a game	<p>Warm up- Rats and Rabbits. In pairs, children will stand next to each other, one being a rat and one a rabbit. Teacher will call out Rat or Rabbit. Whoever is called must run to their safe zone first without the other catching them.</p> <p>Main activity- Continue with tournament from lesson 6.</p> <p>Cool down- Relaxation and stretch discussing volleyball overall.</p>	Net/Benches Volleyballs