



# Medium Term Unit Planning

<b>Topic Name:</b> Volleyball	
<b>Learning outcome:</b> The children will familiarise themselves with the rules of volleyball. They will develop and refine several skills required to successfully compete in a volleyball match such as the serving, set, dig and spike technique. They will begin to develop the ability to outwit opponents using control and accuracy being strategic and tactical during a game.	
<b>Hook:</b> Watch an interview with the women's volleyball head coach, Maria Bertelli.	<b>Topic Showcase (e.g. display, museum, performance, presentation):</b> Volleyball tournament with year 6 classes.
<b>Oracy:</b> Developing sports commentary and feedback when performing.	<b>Key Vocabulary:</b> Serve, set, dig, spike, techniques, outwit, control, strategy, tactical, control, squat, palms, rally, block, smash shot, feeder.
<b>Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.):</b> Under review	
<b>Citizenship/Community Opportunities (Focus – change in attitude/increase knowledge and awareness/make a difference):</b> Working with the year 6 children during the tournament.	
<b>Main subjects covered:</b> PE	



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## PE threshold concepts:

### Develop practical skills in order to participate, compete and lead a healthy lifestyle

This concept involves learning a range of physical movements and sporting techniques.

## Notes:

This unit of work not only focuses on the children's skills and techniques as players, it also develops their skills as members of a team, focusing on respect, fair play and communication.

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. To show an understanding of the rules, scoring and rotation of volleyball. To be able to accurately replicate the set technique and use in a game situation.</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: dynamic stretches. Children work in groups of 3 and start sat down. They must touch the ball once each and can't touch it twice in a row. Children to see how many they can do in minute. Encourage children to use their fingertips, not to catch the ball, stand in squat position and bend knees with elbow's out. Children to move onto volleying the ball and keeping it up for 1 minute. Children to play 5 v</p>



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			5 small sided games with basic rules and scoring of Volleyball over net with use of 3 touches emphasised (from dig to set and smash).
2. To perform and replicate the dig technique with control and fluency.	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: Children move around the area warming up. Encourage arm warm up with full arm circles. Encourage over/under karaoke footwork and sidesteps. Recap volley technique in a 2 minute keepy up rally. Show and discuss professional volleyball players in action where the dig technique is used. Children to practise this skill. in the squat position with palms together and feet shoulder width apart. Children to practice the dig technique with a partner,</p>



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			<p>then work in 3s to feed-volley-dig over the net. Children to play 5 v 5 small sided games where there must be 3 touches before returning the ball. Score to 21. 5-minute games.</p>
<p>3. To accurately replicate serving technique, outwitting opponents using control and accuracy. To begin to develop strategic and tactical play during a rally.</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b>          This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: dynamic stretches. Recap volley and dig technique then children to work in pairs in a 2 min keepy up rally creating a competition to see how many consecutive Shots they can do. Introduce overhead serve and technique breakdown. Describe it as being similar to tennis serving motion. Children to work in 3s using the overhead serve technique to hit a cone target. Children aim for gaps in opposition half,</p>



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			face side on and keep their eye on ball. Children to play 5 v 5 small sided games with basic rules and scoring of Volleyball over net.
4. To be able to accurately replicate the spike technique, understanding the importance of movement and preparation for a smash shot.	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b>          This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: children move around the area warming up. Encourage arm warm up with full arm circles. Encourage over/under karaoke footwork and sidesteps. Recap prior learning. Discuss power and vertical jump ability and the importance of this in volleyball. Pupils to record vertical high jump score. Show and discuss video clip of volleyball rallies, focusing on spike technique. Children to work in 3s to perform dig, set</p>



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		<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>and spike sequence. Children to take above head height, aim with non-striking hand, attack ball near net and angle/aim for the ground. Children to play 5 v 5 small sided games with basic rules and scoring of Volleyball over net.</p>
<p>5. To develop their understanding and knowledge of basic outwitting strategies. To understand the importance of timing and develop the use of the block.</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: dynamic stretches. Show and discuss game clip and mind map possible volleyball tactics e.g. use of 3 shots, angles and ball direction, Children to work in 3s to experiment with blocking technique with 1 feeder, 1 smasher and 1 blocker. Children to focus on timing of jump and keeping their hands together. Children to play 6 v 6 small sided games with</p>



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		<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>basic rules and scoring of Volleyball over net.</p>
<p>6. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b>          This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>Warm up: children move around the area warming up. Encourage arm warm up with full arm circles. Encourage over/under karaoke footwork and sidesteps. Recap prior learning. Children to play and perform a range of shots in 2 v 2 small grid game using the correct technique and showing ability to outwit their opposition. Children to play 6 v 6 full tournament, officiating and scoring each match.</p>



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		<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	
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