

Medium Term Learning Plan

Year/Group: KS3/ 4

 Course: **Volleyball DH**

About the unit	Assessment Focus
This unit covers the basic skills of volleyball, an introduction and volleys, through to more advanced skills such as the set and spike.	NC levels/ Exam specification Beginners levels: 1-3 Skill Builders levels: 3-5 Advanced levels: 5-8
Key Content to be covered	Expected Learning Outcomes
Basic rules, techniques, types of shots, types of serves, offensive play, defensive play, tactics, position specific play, competitive tournaments	By the end of this scheme students will be able to: <ul style="list-style-type: none"> • Receive a volleyball in a game or mini game situation. • Use a variety of passing and receiving in a game situation • Spike/smash in a game situation • Use tactics and position specific skills • Apply basic rules of volleyball • Warm and cool down for Volleyball
Key Skills to be developed	Key Assessment Points (evidence)
Ready position, Volley the ball Dig the ball Serve the ball Set the ball	Level 3 – Has correct ready position. Can pass short distances. Has difficulty receiving the ball. Starts to understand basic rules. May need change in rules to allow practice to flow initially.

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<p>Spike/smash the ball Touch rules and court markings Competitive play</p>	<p>Level 5 – Has good court awareness, starts to select correct shots and passes at the right time. Can serve under arm with some consistency but may be able to target a weak receiver. Knows how to apply most rules. Starts to understand team tactics.</p> <p>Level 8 - Can play all shots mostly with the correct technique and is able to use a variety of tactics. Is beginning to try and ‘mask’ which shot he/she is going to play – deceptively. Is beginning to cover the court during mini games and full games. Is secure in his/her knowledge of scoring. Can serve both ways and target the area with consistency and good precision. Can set and spike with teammates using teamwork and communication.</p>
<p>Language for Learning</p>	<p>Links to EBD/ personal, social and emotional needs</p>
<p>Correct shot names Basic scoring system Game rules Communicating with team mates</p>	<p>L1 - Is attentive and has an interest in school work. L4 - Works efficiently in a group/team. C3 - Only interrupts and seeks attention appropriately. C4 - Is physically and verbally peaceable. C5 - Respects property/equipment. E5 - Is emotionally stable and shows self-control.</p>

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Session	Learning Objectives	Content to be covered	Suggested Pedagogy/Teaching Activities	Learning Outcomes (Assessment descriptors for this lesson)
1	Warm up and cool down before and after exercise	Pupils will cover the 3 stage warm up and cool down process	Key teaching points Warm up	By the end of the lesson, pupils will be able to understand how to warm up and cool down when exercising.

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			<ol style="list-style-type: none"> 1. Warm up starts with pulse raising activities such as easy jogging or cycling, or anything that gently raises the heart rate. 2. Next come mobility exercises for the joints, such as arm circling for shoulders, skipping for ankles and knees and pelvis swivels for the hips. 3. Stretching comes next and stretches should be dynamic (moving, not held) for a warm up, such as high knees to stretch hamstrings, heel flicks to stretch quadriceps and side-steps to stretch groins. <ol style="list-style-type: none"> 1. Cool down Cool down starts with low intensity exercise such as light jogging, 	<p>Most pupils will understand the 3-stage warm up.</p> <p>Some pupils will be competent in leading a 3-stage warm up and cool down.</p>
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			<p>medium pace walking or easy cycling, anything that allows the heart rate to maintain an increased rate then gradually decrease.</p> <p>2. This is followed by stretching, which is usually more static (held) in a cool down. The major muscle groups used in the activity should be stretched.</p> <p>Pupils to take turns in leading a section of a warm up in small groups finishing with a game conditioned volleyball or dodgeball</p>	
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<p>2</p>	<p>Be in a ready position whilst waiting to receive the ball</p>	<p>Pupils cover how to receive the ball in the ready position</p>	<p>Key teaching points</p> <p>the knees are bent, the hands are out in front of the player at waist level and just outside the knees, and the player's weight is balanced forward.</p> <p>4-direction drill – partner feeds and player receives in ready position moving forward, back, left, right and angles. Dependent on ability receiver can catch, volley, dig back to partner. Can alter distance and pass height for differentiation.</p> <ul style="list-style-type: none"> <i>Balls must be pumped up, flat balls don't work with the drill.</i> 	<p>By the end of the lesson, pupils will be able to replicate the ready position.</p> <p>Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.</p>
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3	Volley the ball	Pupils cover how to volley the ball up into the air from the ready position	<p>Warm up – white line facing net half court , 1 catch 2 then swap , CHASSE , SIDE TO SIDE FOOTWORK</p> <p>Volley demo & drill – feed and volley</p> <p>Volley rally in 2 or 3 – try to beat last score</p>	By the end of the lesson, pupils will be able to replicate the volley. Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.
4	Dig the ball	Pupils cover how to dig the ball from below the shoulders from the ready position	<p>Warm up – white line facing net half court , 1 catch 2 then swap , CHASSE , SIDE TO SIDE FOOTWORK</p> <p>Dig demo & drill – feed and dig-very distance dependent on ability and height</p>	By the end of the lesson, pupils will be able to replicate the dig. Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.

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			<p>Dig rally in 2 or 3 – try to beat last score</p> <p>Mini game recap rules and serving</p>	
5	Perform the underarm service action	<p>Pupils cover how to serve under arm to the opponents half of the court from the back line</p>	<p>Warm up – white line facing net half court , 1 catch 2 then swap , CHASSE , SIDE TO SIDE FOOTWORK</p> <p>Serve demo & drill – underhand , overhead serves</p> <p>Serving to targets – cones ,hoops of different sizes for differentiation.</p> <p>Mini- game recap rules and serving</p>	<p>By the end of the lesson, pupils will be able to replicate the underarm serve. Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.</p>
6	The court markings	<p>Pupils know the court markings for service and in game play</p>	<p>Conditioned game can use adapted rules such as one bounce allowed to allow flow of game and learn court</p>	<p>By the end of the lesson, pupils will be able to understand the court markings. Most will replicate in a conditioned drill</p>

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			<p>markings- can also complete worksheet to label court markings.</p>	<p>scenario. Some will be able to replicate In a competitive scenario.</p>
7	Touch rules	<p>Pupils cover the three touch rule per team and no second touch in succession</p>	<p>Small-sided games or mini tournament competition. Teacher and peers can use assessment sheets to grade and feedback to learners.</p> <p>Teams shout out the number of touches per play.</p>	<p>By the end of the lesson, pupils will be able to understand the touch rules. Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.</p>
8	Set and Spike/smash	<p>Pupils cover how to set up a team mate for a spike/smash</p>	<p>Warm up – white line facing net half court , 1 catch 2 then swap , CHASSE , SIDE TO SIDE FOOTWORK</p> <p>Spike demo & drill – feed and spike</p> <p>Tip over and drill</p>	<p>By the end of the lesson, pupils will be able to replicate the set and spike. Most will replicate in a conditioned drill scenario. Some will be able to replicate In a competitive scenario.</p>

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			Mini game recap rules and serving	
9	Playing volleyball in a small sided game situation.	Pupils play a small-sided game competitive game with official scoring system and using the rotation system of player positioning.	Small-sided games or mini tournament competition. Teacher and peers can use assessment sheets to grade and feedback to learners.	By the end of the lesson, pupils will be able to compete in a game of volleyball. Most will compete in a conditioned game. Some will compete using official volleyball rules.