

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

### **Subject:** LKS2 Year B– Volleyball

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

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

compare their performances with previous ones and demonstrate improvement to achieve their personal be.

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

- Pupils will understand simple net/wall game tactics.
- Pupils will know how to use ground and overhead shot.
- Pupils will have some understanding of tactical play.

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

#### **Volleyball – The Dig, The Set, The Serve, The Spike, Tactics, Game Play.**

- To know what a rally is and how a point is scored
- To know how to receive a volleyball using a bump and dig, and to know how to set and spike with some accuracy
- To know how to serve over the net and over a distance.
- To work well in a team and come up with tactics that can be used in game play

### **Key Vocabulary**

power, agility, flexibility, awareness, confidence, spike, high, game play, bump, dig, set, serve, tactics

#### **Session 1 – To be able to use the “ready Position” and send a ball over a net.**

- To know how to play and score 1v1 high net game.
- To know what a rally is and how a point is scored.
- To know what is meant by ‘ready position’ and ‘base position’.
- To know how to underarm feed over a net and to send a ball over a net.
- To know how to receive a volleyball using a bump and dig.
- To know how to call for the ball by shouting name when going for the ball.

Healthy Participation – Highlight volleyball fitness needs and the necessary components of fitness needed. i.e., coordination, reaction time and agility.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, high, game play, dig, set, serve, tactics.

#### **Session 2 – To be able to understand some basic rules of volleyball.**

- To know how to play and score a 1 v 1 high net ‘fast catch’ game.
- To know how to use high and low ‘contact points.
- To know that only 3 touches are allowed on each side.
- To know how to set and spike a ball and to know what the role of the setter is.
- To know how to work well and effectively as a team and with others.

Healthy Participation – Suggest any volleyball clubs within the school timetable and promote community links.

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

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, high, game play, dig, set, serve, tactics.

### **Session 3 – To be able to successfully serve over a net to a partner.**

- To know how to serve over the net and over a distance.
- To know that the serve is used to start the game and it puts the ball into play sending the ball over the net to start the rally.
- To know and show some tactical awareness when playing small games.
- To know how to work in partners and know how to defend well and launch an attack.

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, high, game play, dig, set, serve, tactics.

### **Session 4 – To be able to recognise the importance of responding to changing situations within the game in attack and defence.**

- To know how to bump, set and spike well and with some accuracy.
- To know how to communicate and work well in teams.
- To know how to score and rotate around the court.
- To know how to attack and defend while working with others.
- To know how to effectively use a spike to outwit the other team by hitting the ball down towards the ground.

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, high, game play, dig, set, serve, tactics.

### **Session 5 – To be able to understand and develop the use of tactics and shot selection. To refine tactics based on opponents' weaknesses.**

- To know how to use different tactics to outwit an opponent.
- To work well in a team and come up with tactics that can be used in game play.
- To know how to run and spike a ball that has been set high.

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, high, game play, dig, set, serve, tactics.

### **Session 6 – To be able to in teams play in competitive situations. To be able to lead and coach gaining points for teamwork and organisation.**

- To know how to play a tip shot.

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

- To know that the formation needs to be fluid once dug from the serve.
- To know how to play a full sided game of volleyball and demonstrate the school values when playing.
- To know how to score and rotate around positions.
- To know how to assess and evaluate own performance and weaknesses.

Healthy Participation – To understand why regular exercise has a positive effect on their health, fitness, and social wellbeing.

Vocabulary – Agility, balance, control, coordination, teamwork, speed, power, agility, flexibility, stamina, timing, awareness, confidence, creativity, spike, high, game play, dig, set, serve, tactics.

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 cricket and softball. Pupils will be able to throw and catch and strike a ball with some degree of accuracy. Pupils will be able to work well with other and be able to use different tactics within a game.

**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).