

Prior Learning

Experienced different types of hitting with hands and racquets. Able to recognise boundaries. Recognise how to score points in a game.

Unit Focus

Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

We are learning...

1. to send a ball in a seated volleyball position.
2. to receive a high ball over our heads.
3. to serve overarm.
4. techniques to move in seated volleyball
5. the value of cooperation to achieve a task.
6. to make contacts on the ball before returning overhead.

Key Questions

1. Can you name any other sports where you could rally?
2. In the playground, what equipment could you use to play a rally?
3. What do you need to do to work together successfully as a team?

Equipment

Non-sting volleyballs, balloons, beachballs, cones, hoops, net.

Vocabulary

Hit, return, court, underarm, overarm serve, boundary, seated, inclusive, send, rally, score.

Rules

- The contact position: players must always have one part of their body (between their bottom and shoulder) in contact with the floor.
- Players may not go onto their knees.

Assessment Overview

Head - Play a sitting volleyball game with some rules.

Hand - Move around the court in a seated position.

Heart - Play in cooperative team rallies with some success in keeping the ball in play.

