

Lesson no. 6	Subject: Volleyball	Lesson description: Single Block	Year: 8	Group:	Ability:	Day:	Period:	Duration:
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Objectives: To understand the rules regarding contact at the net. To be able to assume the correct body position close to the net ready to block a return from the opponent. To be able to confidently perform with accuracy, a technically correct single blocking action.

Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Q & A: on benefits of warming up	R+ Improve behaviours, thoughts and actions	Science: White blood cells and their defence against pathogens <u>Objectives</u> Describe the actions of white blood cells <u>Student expectations</u> I can describe what white blood cells do	Cardio-respiratory system Student review the following equation; Cardiac output (Q) = stroke volume x heart rate
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To be able to demonstrate stretches relevant to Volleyball	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Objects used in the lesson	Q & A: Do the students know the names of major systems?	R+ What mindset do they have to succeed in Volleyball	Maths: Area <u>Objectives</u> To be able to calculate the area of a shape <u>Student expectations</u> I can calculate area by counting squares and by estimating; understand units used for area (mm2, cm2, m2, km2)	Students review how an improvement in stroke volume and heart rate will improve cardiac output. Students then should apply this to athletics (running events)
Single Block	Stand opposite sides of net to partner. Partner runs up to net carrying ball, jumps and tries to throw the ball down into your court. Jump above net and try to block their throw, rebounding the ball down into their court. In 3's at net – 2 att 1 def at net on other side. Attacker 1 feeds ball to att 2 who is going to spike ball at net and defender tries to block Feed-set-spike-block Feed-set-spike-block and play out a point	To understand the rules regarding contact at the net. To be able to assume the correct body position close to the net ready to block a return from the opponent. To be able to confidently perform with accuracy, a technically correct single blocking action. To understand that the block is used to deny space to the opposing attacking player. Be able to analyse smashing performances, identifying strengths and weakness in performances, components, strategies, tactics and competence of the blocks used To develop the precision, control and fluency of their blocking skills. To be able to quickly adapt to situations when blocking	- As you move along the net to block, plant both feet so that you jump straight up and down. - Be square to the net. - Extend your arms across the net. - Thumbs pointing to the ceiling a balls width apart, and arms locked. - Keep your shoulders square to the net throughout. - Jump with the hitter - When jumping, carry the hands at shoulder height. - As the hitters shoulders turn, try to move hands up and into the balls direction. - Look at hitters eyes because where the hitter is looking is a good indication of where the ball will go. - block in the hitters angle of approach. - Land in the same place from where you jump.	↑ Play rallies and move partner around court ↓ Decrease size of court ↓ Decrease height of net ↓ Take away net and play over line ↓ Slowly loop passes and gradually increase tempo ↓ Remove net	☉ Use the single block evaluation sheets to work together to analyse the strengths and weaknesses in the shot. Q & A : Where and why would they spiking and block in Volleyball ☉ Partners assess the after blocks ☉ Can their blocks be disguised so that they get the gain an advantage ☉ Assess the hand and eye co-ordination when blocking	✍ Pupils devise a practice to incorporate the smash which enables the block to occur ✍ Pupils devise strategies and skills to improve blocking performance ✍ Pupils devise strategies to enhance these blocking skills ☉ Pupils discuss how to gain an advantage over competitors when blocking ☉ Discuss and listen to feedback regarding individual spikes and blocks R+ What are the positives to missing a block	English: <u>Objectives</u> <u>Student expectations</u>	Students are introduced to the mechanics of breathing Inhaling and exhaling at rest (with reference to the; intercostals, rib cage and diaphragm their roles)
Testing and Targets	In pairs, A throws the ball up above the net and B blocks. 5 attempts and record scores	To appreciate how to make adjustments and adaptations when performing the blocks under testing conditions	Use blocks only	↑ Vary feed / speed of feed / height of feed ↓ Remove net	☉ Can the player take the sting out of the shot? ☉ Define what a good Single block would be?	R+ How do you recover from missing a block		Students are introduced to how the Lungs can expand more during exercise (inspiration) due to the use of pectorals and sternocleidomastoid. During exercise (expiration), the rib cage is pulled down quicker to force air out quicker due to use of the abdominal muscles.
Game	4 v 4 games with student umpires.	To be able to umpire a competitive small-sided game. To use their knowledge / understanding of the skills and game to play to the laws and to the best of their ability. To comprehend and grasp how to play the shots in a competitive environment, and incorporate them into the games To understand how to score and officiate correctly in Volleyball To be able to outwit opponents using blocks within games	- Rotate when you win serve back. - Limited three touches - Try to confidently perform with accuracy, correct set and dig techniques - Use correct scoring methods - Use correct umpiring signals - Attack space on opponent court - Attack net from service - Disguise movements, skills, spin and shots - Make opponents move around court	↓ Can throw for a serve. ↗ Play pupils of equal ability ↑ Serve must be using correct technique (under/overarm). ↑ Cannot catch ball ↑ Limit number of touches	☑ Coaches must give feedback and evaluation of blocks Q & A : Are the skills, moves and tactics within the game predictable or unpredictable ? ☉ Ask students for feedback regarding the blocks	R+ Discuss inevitable disappointments and hurts. R+ Reward those that do not give up trying to get a return ✍ Devise strategies to enhance the blocks		
Leadership & Coaching	Create 2/3 drills to work on blocking when mistakes arise within the games	To be able to modify and refine the blocking skills	Give clear instructions and teaching points for blocking. Give praise	↑ Students look at ways of improving their blocking with fewer errors	☉ Assess the strategies used when coaching to develop the blocks used	R+ What is their response if the drill is too hard?		
Officiating	In pairs, Officiate the games	To officiate the game correctly, fairly and accurately. To be able to correctly use the correct signals, comments, scoring and techniques.	Concentrate on each point and court at all times. Use the correct signals. Know the rules. Be fair and constant Score correctly. Use the correct the signals and scoring.	Focus on the rules regarding scoring, service and laws	☉ Assess the different types of signals made by the official	R+ How can show respect for officials		
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	↑ Ask pupils questions why a Cool down is essential after exercise	Q & A on the teaching points of the block and objectives of the lesson	R+ Do not be afraid to ask for assistance so students can master a new skill.		
Active lifestyle & Social Guidance	Identify any upcoming international Volleyball fixtures and tournaments with times, dates, venues and even TV channels clubs							
Equipment	Volleyballs (Pink), Nets and strip of elastic to go between courts, Markers, pen, paper, whiteboard, whistle, stopwatch, Peer evaluation sheets							
Healthy Lifestyles and well being	What defines health?							