

Lesson	Subject: Volleyball	Year:	Group:	Total No.:	M:	F:
	Lesson: Basic Volley/set shot	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives: To be able to move towards the ball and prepare to play a basic volley. To be able to accurately replicate and perform a technically correct set shot, using correct hand placement and body position. To be able to use the set shot to direct the ball to a partner or team mates. To know when the shot would be used in a game and be able to apply the set shot to a 2v2 game, using it to set up an effective attack from the net

Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity	
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	Listen and observe warm ups and stretches along with students answers	① Ask students how they could make warm up easy / harder / intense	
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. 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	
Basic Volley/set shot	- Return partners feed with a Volley. Aim to get back to partners hand within 1 step	To be able to move towards the ball and prepare to play a basic volley. To be able to accurately replicate and perform a technically correct set shot, using correct hand placement and body position. To be able to use the set shot to direct the ball to a partner or team mates. To be able to refine and adapt skills into techniques to keep rallies active		- Start in the ready position facing the target. - right foot forward with body square and facing target - Face target - Get in line early - HANDS UP EARLY - Spread fingers in the shape of the ball above the head. - Form a triangle with thumbs and pointer fingers which form the triangle window - hands should not be touching - Place hands directly in front of the face close to the forehead. - Look through window of hands - On contact, set by extending the arms and legs, resulting in the ball being propelled up. - Freeze with arms fully extended in the direction you want the ball to go. -Hands follow the ball.	Observe performances, skills and techniques of the set and dig. Q & A on the teaching points and objectives of the skill, activity and lesson Pupils highlight weaknesses and good points M/C -Evaluate pupils performances, knowledge and understanding from answers	⬆ Throwing can move around ⬆ Set targets / areas ⬆ Vary heights and speeds of feeds ⬆ Setter moves forward, backwards and side wards to set ball ⬆ Allow bounce ⬆ Decrease area between setter and fielder ⬆ Catch ball ⬆ Increase distance between groups ⬆ Set over net. Play 2 v 2 games ⬆ How many sets in a minute ⬆ - Ask the students where they think volleys will occur and if there are any other positions they could get into to volley and that they might use in a game or drill to keep the rally going or to win it M/C Observe student's ability to use the shot in to move their opponent around court.	
	Accurately replicate and perform volley / set on the move. Face partner and set. When set. The partner catches the ball moves back two spaces whilst setter moves forward two steps also	To be able to use the set shot to direct the ball to a partner or team mates. To be able to refine and adapt skills into techniques to keep rallies active To develop the precision, control and fluency of their set shots. To be accurate and precise in the set shots To use strength, speed and accuracy in the set shots					
	- Observe demonstration of 4-person drill and listen to teacher's comments. - Feed, Volley and collect drill. 2 players look to volley in tern. - Each change role and evaluate success and key points.						
2 v 2 game	- Listen to teacher stating game rules offer responses where required. - Discuss outwitting opponents - First shot from serve can be caught. Looking to use Volley in attacks. Students look to keep the ball high where it can be attacked.	To know when the shot would be used in a game and be able to apply the set shot to a 2v2 game, using it to set up an effective attack from the net To know the laws regarding catching the ball.		- Rotate when you win serve back. - Use any part of the arm to hit ball - Unlimited touches	M/C - Analyse strength and weaknesses in performances M/C – Pupils analyse tactics and strategies used M/C - Evaluate performances of	⬆ Decrease size of courts ⬆ Remove / Lower net ⬆ - Ask the students how they can make the game easier / harder ⬆ - Pupils provide new rules to games ⬆ - Discuss the influential strategies and tactics used to beat opponents ⬆ - Pupils discuss how they can	

	- Evaluate game success and recap key points.				outwitting opponents	refine the skills to outwit opponents
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	Q & A on the teaching points of skills and objectives of the lesson	⬆ Ask pupils questions why a Cool down is essential after exercise
Informed Choices and Lifestyle	Discuss the benefits of joining a Volleyball club Highlight the main governing bodies in charge of Volleyball within the UK and World Highlight any Volleyball clubs within school and any upcoming fixtures 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					

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English
					Science	Technology

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Correct footwear with Laces fastened - Ensure all equipment used is checked and secure. - Ensure any obstructions and equipment not used is well out of the way. - Use lighter pink balls to avoid injury.

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving