

**Curriculum Objectives****Venue****Equipment****Reference**[Move up a level](#)[PSSI Homepage](#)**Strand Unit: Sending, Receiving and Travelling**

- Develop further and extend carrying and striking skills.

Strand Unit: Creating and Playing Games

- Play small-sided game, 4 v 4.
- Yard/hall.
- Minivolley balls (soft touch balls) or light plastic balls beanbags/domes.
- Primary School Curriculum (1999) Physical Education, page 55.



ORGANISATION

The children find a space all facing the teacher.

Give each child a ball or one ball between two.

ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Footwork – waves

The children adopt the ready position. At a signal from the teacher, the children will side skip/step:

- to the right;
- to the left;
- backwards;
- diagonally back to the left and the right.

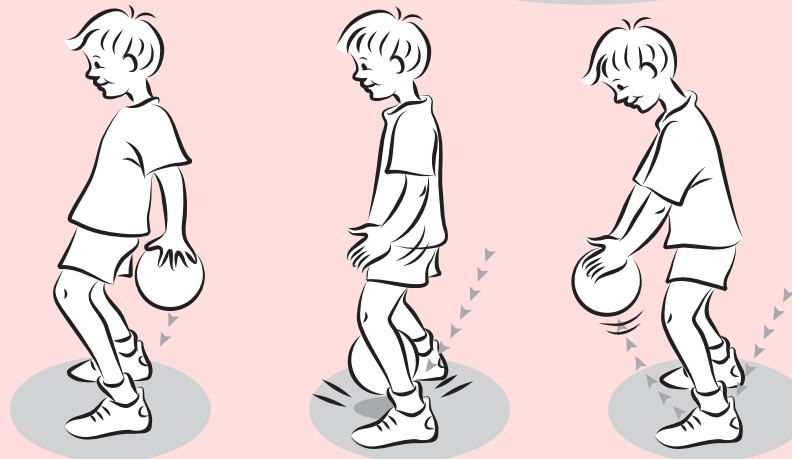
Continually change the direction of the movement.

Repeat in short bursts.

2 Ball awareness

Pass the ball:

- around the waist;
- around the knees;
- make the figure of 8 between the legs;
- bounce the ball between the legs from back to front, from front to back;
- bounce the ball with one hand and then the other.



TEACHING POINTS

- Keep the feet shoulder-width apart.
 - Keep the knees bent.
 - Raise the hands shoulder-height with palms facing the teacher.
 - Do not cross the feet.
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- Look for speed of execution.

ORGANISATION

Mark out three courts with saucers/cones.

Place a rope or tape the length of the hall approximately 1.5 to 1.85 meters high.

Divide the children into teams of five.

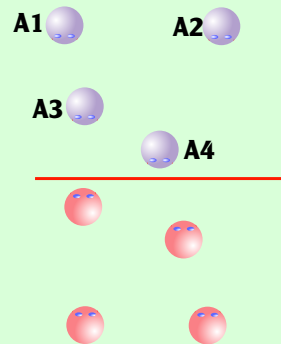
Allocate two teams to each court.

There are four children on court at any time.

Substitute in and out regularly.

Place four balls at each court.

The teams line up as shown.



For sections (b) and (c) the pairs practise the skills on their own side of the net (not over the net).

For section (d) pairs take it in turn to practise the skill.

ACTIVITY

3 Introduce the game

Stage One – using one ball

A1 throws the ball to **A3** who throws it to **A4**.

A4 throws the ball over the net, trying to place it on the ground on the other side of the net.

Each team has three touches.

Allow the teams to experiment with this for a period.

Stage Two – progress to the second touch

Using an underarm throw, **A3** throws the ball high into the air for **A4**. **A4** catches it and throws it, attempting to place the ball on the ground on the other side of the net.

Stage Three – using four balls

Introduce the **hit**.

- Working individually:** In turn the children in each team throw the ball into the air near the net, jump off two feet and tip the ball over the net.
- Working in pairs:** **A1** throws the ball, underarm, high in the air. **A2** is allowed to take one step only and must catch the ball above the head. This encourages more accuracy with the throw.
- Working in pairs:** again, **A1** throws the ball, underarm, high in the air. This time **A2** tries to hit the ball down onto the ground with an open hand.
- Working in pairs:** again, **A1** throws the ball, underarm, high in the air. This time **A2** jumps as high as possible and hits the ball with an open hand. The aim now is to hit the ball over the net with a downward trajectory.

Stage Four – playing the game

Having practised the **hit** the children can introduce it into the game situation. The objective is to try to make the third touch a hit if possible. Ask the children to concentrate on: **jumping to make a hit**.



TEACHING POINTS

- Throw and catch above the head.
- Bring the right hand up over the ball.
- Hit the ball with an open hand.

4 Cool Down

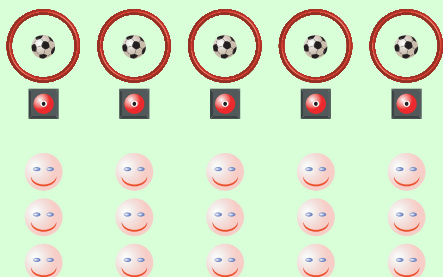
Visit the cool down bank.

DEVELOPMENT

ORGANISATION

The children remain in pairs

Place the benches in a line.
One child from each pair sits on a bench.
The other stands in front approximately two metres away.



Place the pairs into groups of four or six and line them up as shown facing a wall.
A ball is placed in a hoop at the cone opposite each group.

ACTIVITY

3 Introduce the forearm pass

(a) Stage One:

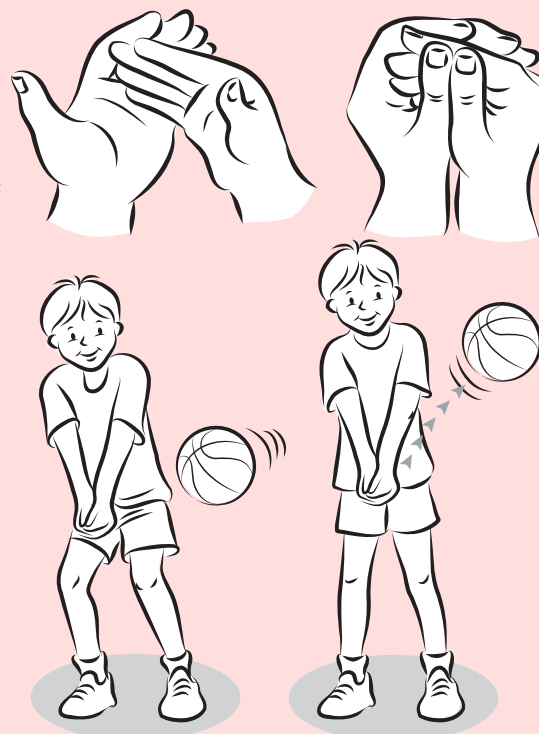
- In turn **Number 1** feeds the ball using an underarm throw.
- **Number 2** allows the ball to bounce once before playing it back.
Switch roles after five chances.

Stage Two:

- Keep the rally going allowing the ball to bounce once each time.
- To begin the practice **Number 1** feeds the ball with an underarm throw.

(b) Rise and Shine:

- **Number 1** sits on a bench.
- **Number 2** feeds the ball with a bounce.
- **Number 1** rises to strike the ball with the hands as illustrated.



4 Fun relay – volley the ball

In turn each child in the group must:

- sprint to the cone;
- pick up the ball;
- move forward to the facing wall;
- volley the ball three times against the wall;
- replace the ball in the hoop
- sprint back to the team and join the end of the line.

The first team to complete the relay is the winner.

TEACHING POINTS

- Place one hand on top of the other.
- Bring the thumbs together – arms extended and elbows locked.
- The ball is played on the forearms between the wrists and the elbows.
- Bend the knees
- When the ball arrives the legs straighten, bringing the arms into contact with the ball to make the shot.
- **N.B.** The arms do **NOT** swing into the shot. They make contact through the body action.
- **Rise and shine** encourages the children to derive the power for the shot from their legs instead of swinging their arms.

- Discuss with the children ways of monitoring the activity.

Q Are the volleys being carried out correctly?

- If not what should the penalties be?
- Who should monitor each team?