

What prior knowledge should students have?

- Pupils send and receive a ball in different ways with control and increased accuracy
- Pupils have become confident to move and keep themselves safe in the space where an activity is taking place
- Pupils have begun to understand that some sports consist of attackers and defenders

What skills will students learn? (Disciplinary Knowledge)

- The children will learn the correct technique for controlling a ball and directing it to a teammate in a playable position
- The children will learn how to begin a rally by hitting the ball over the net with an underarm motion.
- The children will learn the skill of digging as a defensive technique for controlling a spiked or service ball using forearms.
- The children will learn how to work with teammate to pass, set and dig to keep the ball in play
- The children will learn how to score a game of volleyball understanding that points are awarded to the opposing team when the ball hits the ground on your side of the court.

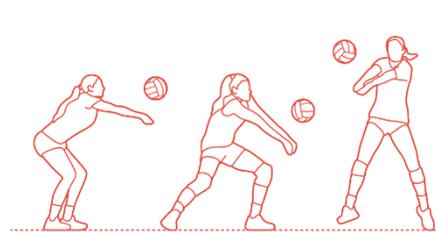
What key knowledge will be taught? (Substantive Knowledge)

- The children will understand the key volleyball terminology of set, serve and dig.
- The children will understand a game of volleyball is won when the ball touches the floor on the opposing teams side after going over the net.
- The children will understand that volleyball is played between two teams with the objective to get the ball over the net and within a given space.
- The children will understand the importance of communication and coordination between teammate through setting, digging and serving drills.
- The children will understand that players are allowed a maximum of three touches (hits) per team to return the ball over the net.

Key Vocabulary	Definition
Volleyball	A team sport played by two teams of six players on a rectangular court divided by a net.
Set	A skill in volleyball where a player uses their hands to push the ball gently upwards in a controlled way, typically to a teammate in a position to spike the ball.
Underarm Serve	The act of starting a rally in volleyball by hitting the ball over the net with an underarm motion
Dig	A defensive skill in volleyball where a player uses their forearms to bump the ball upwards to control it and prevent it from hitting the ground.

Technique diagram

Dig technique



Set technique:

