

Prior Learning

Experienced different types of small-sided games. Able to send and receive balls. Use a variety of techniques and tactics to play competitively, both attacking and defending.

Unit Focus

Consistently perform basic pairs volleyball skills such as rainbow pass and switching. Implement the basic rules of pairs volleyball. Develop tactics and apply them competitively. Increase accuracy and power during gameplay.

We are learning...

1. the principle of 'three contacts' in pairs volleyball.
2. to move about the court and anticipate where the ball will be played.
3. to give our partner more time to react by throwing the ball higher.
4. to move to the net to receive the ball from our partner.
5. to move close to the net, ready to receive the ball.
6. to serve underarm with correct volleyball technique.

Key Questions

1. Why do you think there is a maximum of 3 serves allowed per player?
2. Can you see a pattern in your actions when you score a point?
3. What are the benefits of the free player moving to the net to receive the pass?

Equipment

Non-sting volleyballs, beachballs, volleyball nets, tennis racquets, hockey sticks, cones, hoops, mats, and scorecards.

Vocabulary

Volleyball, pairs, net, serve, feed, receive, send, switch, court, sideline, height, rally, opposition.

Rules

- Only throwing and catching.
- The receiving team must perform three contacts before sending the ball back over the net.
- If a ball contacts the floor or an object, e.g., a player's foot, the attacking team win the point.

Assessment Overview

Head - Communicate as a pair to consistently perform 3 contacts.
Hand - Perform a rainbow pass with accuracy.
Heart - Suggest why pairs volleyball is an inclusive sport.

