

Physical Development - Building Understanding

Lesson 2: Net / Racket & Wall Games

Volleyball

Alistair



For this lesson you will need

- Balloon
- Rice
- Beach ball
- Chalk



Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

Stretch

Jog

Jump

Stretch, walk, jog and jump to get our muscles ready to play volleyball (warm up can last between 2 & 5 minutes).



Sequences of movement...

Volleyball

Wall

Direction

Practise volleyball shots against a wall with a focus on movement and balance. Encourage your child to move forwards, backwards & sideways to make their shot. Highlight the concept of balance and levels of movement (crouching & stretching).



Skills...

Skills

Pass

Spike

Practise volleyball shots with a balloon / beach ball and learn the difference between a set (pass) and a spike (shot).



Make it easier

*Use a larger ball / balloon and practise using your hand to strike and make contact

*Focus on fewer skills / movements and progress at a pace appropriate to the learner.

Make it harder

*Look at our masterclass and explore 'top tips' from elite sportspeople.

*Progress from using a balloon to a soft ball and perform skills in a defined area with increasing accuracy.

More ideas

*Ask your parent or carer to help you search for volleyball content online.

*Make a court and enjoy a balloon volleyball match.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. adjust the height of the net / barrier and ensure there is an appropriate space to practise skills.



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook or Twitter** tagging **@OakNational** and **#LearnwithOak**

