

# Lesson 1 : Net / Racket & Wall Games

## Volleyball

Physical Development - Building Understanding

Alistair



# Activity Card

## ***Net/Racket Sports: Volleyball***



**Use markers on the wall to practise your volleyball movements.**



**Practise the dig / set and spike shot with a balloon or beach ball.**



**Try to keep a balloon off the floor using your volleyball skills; try to set a high score.**

Move in different directions and at different heights (stretch and crouch).

**Refine your volleyball skills and perform with increasing accuracy.**

Apply your skills in game / match situations.

**Score points, use tactics and work together as a team.**



**Play a game of seated volleyball against a wall or with a parent / carer or sibling.**

