

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: Phase 1 - Year A – Volleyball

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will be able to catch and strike a ball off a tee.
- Pupils will be able to work in a defined space.
- Pupils will know how to communicate effectively and work well with others.
- Pupils will know how to strike a ball with one hand whilst its air bound.
- Pupils will understand rules and start to be able to accept decision given.

Long-term Learning (what pupils MUST know and remember) End Goals

- To know how to send the ball using a volley to a partner with some degree of accuracy, using under and overarm passes and keep a short rally going
- To know how to play games against an opponent using all shots – volley, dig, set, and spike.
- To know how to move around the court and get underneath the ball.
- To play short games of volleyball and be able to score points.
- To accept decisions given and have some understanding of the rules of the game

Key Vocabulary

Agility, balance, control, coordination, teamwork, speed, power, flexibility, stamina, timing, awareness, confidence, creativity, spike, volley, dig, set

Recommended Resources:

- Soft volleyballs or beach balls
- Cones and floor markers to define courts and rally spaces
- Mini volleyball nets or rope at an appropriate height
- Visual cue cards showing hand positioning for volley, dig, and set
- Whistles for officiating small games
- Stopwatch or timer for rotation

Curriculum Connections:

- **Literacy** – Use of technical vocabulary: spike, volley, dig, set. Using commands and questions to engage in game play. Ask children to ask questions and ask them to give clear commands to one another using verbs.
- **PSHE/Citizenship** – Fair play, decision acceptance, teamwork and resilience
- **Science** – Understanding how exercise supports a **healthy body** and about recovery (warm-up and cool-down)
- **Maths** – Tracking scores, comparing shot accuracy and using positional language to support commands and evaluation.

Career Opportunities:

- Professional Volleyball Player
- Sports Coach / School PE Teacher
- Volleyball Referee / Line Judge
- Fitness Coach (Youth Development)
- Sports Journalist or Broadcaster
- Physiotherapist
- Inclusive Sports Facilitator

☐ Famous Player: Karch Kiraly

Who is he? Karch Kiraly is one of the most successful and recognisable figures in the sport of volleyball. He is the **only player in history to win Olympic gold medals in both indoor and beach volleyball**. He is also the current coach of the USA Women's National Team and has helped lead them to Olympic gold.

Why KS1 pupils will find him inspiring:

- He shows that **teamwork, perseverance, and dedication** lead to success.
- He played both **indoor and outdoor volleyball**, showing adaptability and love for the game.
- He is now a coach, proving that athletes can inspire others after their playing career.

Quote:

"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."

Session 1 – Movement and Coordination for Volleyball

LO: To be able to move around the space showing control and coordination.

Objectives:

- To move safely around the space, avoiding others and obstacles.
- To travel in different directions at different speeds.
- To maintain control of my body during changes of speed or direction.
- To show coordination in my movement.

Teaching Content:

- **Warm-up:** *Volleyball Traffic* – Pupils move around cones responding to commands (stop, sidestep, shuffle).
- **Skill Practice:** Practise moving quickly into “ready position” with knees bent, arms up.
- **Game Scenario:** *Movement Races* – Relay races using volleyball-style movements (shuffle, sidestep, backpedal).
- **Plenary:** What made it easier to stop and change direction quickly? What is good volleyball movement?

Vocabulary: Coordination, ready position, space, stop, change direction

Healthy Participation:

Discuss how agility and footwork help volleyball players get into the right position to hit the ball.

Session 2 – Tracking and Catching the Ball

LO: To be able to track and catch a moving ball.

Objectives:

- To track the ball visually from different directions.
- To use two hands to catch a ball after a bounce.
- To react quickly to a ball in the air.
- To position my body correctly under the ball.

Teaching Content:

- **Warm-up:** *Catch and Move* – Pupils move around while tracking and catching soft balls thrown by the teacher.
- **Skill Practice:** Partner ball drops – pupils react to catch a ball dropped from height.
- **Game Scenario:** *Catch Rally* – Partner toss and catch rally using underarm throws and ready position.
- **Plenary:** What helped you catch the ball more easily? Why is your starting position important?

Vocabulary: Track, catch, hands ready, eyes on ball, react

Healthy Participation:

Discuss how reaction time helps in many sports and how catching improves coordination and focus.

Session 3 – Volleying and Hand Contact

LO: To be able to use two hands to volley the ball with control.

Objectives:

- To hold hands together in correct volleying shape.
- To use soft hands to lift the ball upwards.
- To strike the ball with control above the head.
- To volley back and forth with a partner using two touches.

Teaching Content:

- **Warm-up:** *Ball Taps* – Tap a ball lightly upwards, keeping it in the air using soft hand contact.
- **Skill Practice:** Use “triangle hands” or “cup hands” to push the ball gently upward.
- **Game Scenario:** *Volley Rally* – In pairs, pupils try to volley back and forth as many times as possible.
- **Plenary:** What helped your ball go straight? Why are soft hands important in volleyball?

Vocabulary: Volley, triangle hands, soft contact, lift, control

Healthy Participation:

Explain how volleying builds upper body strength and helps with muscle coordination in both arms and legs.

Session 4 – Serving with Accuracy

LO: To be able to serve the ball into a space using an underarm action.

Objectives:

- To hold the ball correctly for serving.
- To step forward and strike the ball underarm.
- To aim and send the ball into a target area.
- To improve serving accuracy through repetition.

Teaching Content:

- **Warm-up:** *Underarm Toss* – Pupils toss a beanbag or ball into a hoop to warm up aiming skills.
- **Skill Practice:** Underarm serves toward a cone or hoop on the opposite side of the net.
- **Game Scenario:** *Serve and Score* – Pupils serve for points aiming into target zones.
- **Plenary:** What made your serve more accurate? What could help you get more power?

Vocabulary: Serve, underarm, step, aim, power

Healthy Participation:

Discuss how practising one skill over time helps improve confidence and technique in sports.

Session 5 – Playing a Mini Game

LO: To be able to use all learned skills in a simple volleyball rally or mini match.

Objectives:

- To work with a partner to start a rally.
- To combine serve, volley and catch into a sequence.
- To show awareness of space and court boundaries.
- To cooperate during game play and show fair play.

Teaching Content:

- **Warm-up:** *Pass and Move* – In pairs, pupils pass a ball and move to a new space after each return.
- **Skill Practice:** Recap: serve → volley → catch cycle in pairs.
- **Game Scenario:** *Mini Match* – Pupils play 1v1 or 2v2 games using simplified rules (serve, volley, catch).
- **Plenary:** What did you enjoy about the game? What would you like to get better at?

Vocabulary: Rally, volley, serve, fair play, return

Healthy Participation:

Talk about the value of teamwork, communication, and encouraging others in sport.

Session 6 – Reflection and Tournament Play

LO: To reflect on volleyball skills and apply them in a team match or mini tournament.

Objectives:

- To apply serving, volleying, and catching in a competitive situation.
- To work cooperatively with a team.
- To follow the rules and keep score fairly.
- To reflect on strengths and areas to improve.

Teaching Content:

- **Warm-up:** *Volleyball Circuit* – Stations for serving, volleying, and movement.
- **Skill Practice:** Quick-fire skill recap using team relays.
- **Game Scenario:** *Round-Robin Tournament* – Small games with peer-led scoring and observation.
- **Plenary:** What did you enjoy most? What are you proud of from this unit?

Vocabulary: Reflect, tournament, score, team, improve

Healthy Participation:

Celebrate how staying active in games like volleyball helps us stay fit, happy, and connected with friends.

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Future learning this content supports:

This unit will support future subjects in phase 2. Pupils will be able to transfer skills within this unit and they will support learning in summer 1 when pupils go onto Kwik cricket and softball. Pupils will be able to throw and catch and strike a ball with some degree of accuracy.