

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Volleyball	3/4	#3	The Serve

### Equipment

- Volleyballs
- Cones for set up
- Bibs
- Small balls
- Hoops

### Learning Objective

- To perform an underarm serve with increasing accuracy
- To aim the ball into space

### Success Criteria

- I can hold the ball correctly before serving
- I can strike the ball with control
- I can serve the ball over the 'net' consistently

### Key words

- Accuracy
- Technique
- Serve

### Preparation Ideas/Warm Up

#### Fire & Ice Tag

4 Taggers each with a dodgeball, 2 blue balls and 2 red balls. The Red balls are fire balls and blue balls are ice balls. If you get tagged by the red ball, you must do star jumps to cool down.

If you get tagged by the blue ball, you are frozen still. You can only move when the fire ball tags you to free you. Once you are freed by the fire ball you do star jumps to cool down and you are free to go. Taggers can throw the ball using an underarm technique (ball below the waist).

### Skill Development

#### Serving practice

Get the children into pairs with a ball between them. Standing around 4-5m apart, we are going to practice the serving technique to our partner, who will look to catch the ball, before returning a serve. This activity is about the children looking to improve their technique and accuracy and understanding how much power needs to be in the serve strike.

Progression:

>The person receiving the serve, rather than catching the ball, will complete a set and then catch the ball, so we want the serve to be quite high to give our partner the chance to complete a set

### Game

### **Serve Into The Box**

Set the class into 5/6 teams – Infront of each team there is a serve box (cones that are made into a square). The aim is the ball must land in the box. Inside the box, lay down equipment (this may be extra cones, bean bags, bibs etc. Each box should contain 10 items.

If the team land their volleyball in the area, they can take one piece of equipment. The first teams to collect all items from their box win.

Progression:

>Increase the number of items in the areas (this may differ from group to group depending on ability levels)

>Decrease the size of the service box meaning the children need to be more accurate with their serves (again, you may differ the size of each group's depending on the ability levels)

>Sit the children on the floor/on their knees to serve.

### **Teaching points**

- The serve technique - Make a fist with the serving hand and swing it back behind you. Hold the ball out straight in front of you with your other hand. One foot in front of the other (we want that foot to be the same as the hand holding the ball). Take a step forward and swing your arm through the ball, following through keeping your arm straight and pointed in the direction you want the ball to travel
- We want the children to show improvements through the session, so talk them through the technique and reiterate it throughout the session, especially if we see poor technique.
- We want to see good accuracy in our serves. We need to be thinking about the power and aim of our serve and whether we can reach the target we are intending to hit (either the box or our partner). We want the children to understand that both the power and aim of their serve will both be important throughout.

### **Key Questions**

- What do we mean by the term improving?
- Can anyone demonstrate the serving technique?
- What two things do we need to think about to make sure our serve is accurate?

### **National curriculum links:**

- Compare your performance against previous attempts and look for improvements
- Develop control and technique through playing volleyball

### **Social and environmental skills:**

- Developing resilience through trying to improve our skills
- Improving listening skills by following rules and instructions
- Showing encouragement and empathy when playing games against others