

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
7	Volleyball	The Tip	7						SEN:
Objectives:	To be able to confidently perform with accuracy, a technically correct tip. To be able to apply the tip accurately to return the ball to the opponent's court during a small sided competitive game. To comprehend and grasp where and why the tip is used in Volleyball.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Observe pupils performances	R+ Show positive beliefs and attitudes	Science: Aseptic techniques for bacteria plates	Cardio-respiratory system Students review the structure of the arteries, capillaries and veins:	
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To be able to demonstrate stretches relevant to Volleyball	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Objects used in the lesson	Q & A on benefits of stretching and their warm ups		<u>Objectives</u> Describe the effects of washed and unwashed hands on agar plates to demonstrate the role of hand washing and soap on bacteria.	<ul style="list-style-type: none"> • Size (i.e. diameter) • Wall thickness • Valves (i.e. veins) 	
The Tip	Partner feeds a high ball and immediately raises hands straight in air to form a block. Attacker jumps to meet the ball and tips it over the feeders block, landing it just behind.	To be able to confidently perform with accuracy, a technically correct tip. To be able to apply the tip accurately to return the ball to the opponent's court during a small sided competitive game.	- Approach the ball quickly and RH's step Right - Left - Jump up to meet ball - Relax hand - Contact the ball at the peak of your jump with a straight arm by extending at elbow	↓ Lower net ↓ Try and retrieve and defend against the tip	☉ Use the tip evaluation sheets to work together to analyse the strengths and weaknesses in the shot.	✍ Pupils devise strategies to enhance these tip skills R+ Students build up a sense of togetherness	<u>Student expectations</u> I have demonstrated how hand washing stops bacteria growing	Students review the structure of each type of blood vessel and see how this relates to the function of the blood vessel;	
The Tip continued	A high feeds the ball parallel to the net, B moves from attack line, jumps and tips the ball over C's attempted block from the other side of the net.	To comprehend and grasp where and why the tip is used in Volleyball To be able to outwit opponents when using the tip	- Use finger tips to play the ball over the blockers and the net - Use minimum follow through - Land firmly on two feet in balanced position	↑ Double block ↑ Play out point ↑ In 4's - Serve – Dig – Set – Tip - Block ↑ 2 v 2 on small courts and a tip can only win the point	☑ Test the student's knowledge and understating of the rules and laws that govern the tip. ☹ Define what a good Tip would be?	🗣 Discuss and listen to strategies that are used to beat opponents R+ What would they change to the drill	Maths: Decimal multiplication <u>Objectives</u> To be able to multiply decimals	<ul style="list-style-type: none"> • Carrying oxygenated/deoxyg enated blood to/from the heart. • Gas exchange • Vasoconstriction and vasodilation • Blood pressure 	
Testing and Targets	A feeds to B in front of net high. Can B tip over the net. 3 attempts	To be able to use the tip accurately under testing conditions	Must use a tip at the net Record scores	↓ Lower net	👁 Judge the Tip accuracy	R+ How do you recover from a poor tip	<u>Student expectations</u> I can multiply decimals and check by estimating		
Games	3 v 3 competitive game.	To comprehend and grasp the rules governing the tip in Volleyball To be able to use the serve, set, dig and tip in the game situation. To use as many forms as communication methods within the games To understand the benefits of positioning the ball high with accuracy in attack for team mates, and to begin to confidently perform with accuracy, this To be able to outwit opponents when using the tip within small sided games of Volleyball	- Rotate when you win serve back. - Use as many touches as possible - Try to confidently perform with accuracy, correct set and dig techniques - Do not stay in one position - Attack space on opponent court - Attack net from service - Disguise movements, skills, spin and shots - Make opponents move around court	↓ Remove / Lower net ↓ Pupils can throw ball over net to begin serve ↓ Allow catching ball first time over net. ↓ Can throw for a serve. ↑ Serve must be using correct technique (under/overarm). ↑ Cannot catch ball ↑ Limit number of touches ↑ A tip can only win the point	Q & A : Are they outwitting their opponents with the tips Q & A : Are the tips and skills predictable or unpredictable	🗣 Discuss the tactics used to outwit teams within games 🗣 Discuss the benefits of out thinking opponents using these skills in games R+ Students must be able to recognise and manage the feelings associated with loss and change when competing	English: Dictionary Work – Use the dictionary to discover the meaning of unfamiliar words <u>Objectives:</u> To be able to use a dictionary To comprehend and grasp how to use a dictionary correctly Student expectations: Find three to five new words within the world of volleyball that you can write down with the word and the meaning	Students are introduced to the names of the arteries and veins which roles are the transportation of blood into/from the heart; <ul style="list-style-type: none"> • Vena cava • Pulmonary artery • Pulmonary veins • Aorta Students should be taught to understand and justify appropriate elements of a cool down for different sporting activities.	
Leadership & Coaching	Create 2/3 drills to work on Tipping when mistakes arise within the games	To be able to modify and refine tipping skills	Give clear instructions and teaching points for tipping within a game / drill environment. Give praise	↑ Students look at ways of improving their tipping skills with fewer errors	👁 Assess the mistakes made when tipping	R+ When coaching / officiating and communicating then the students must be able to assertively challenge bullying behaviour, prejudice and discrimination. ✍ Devise strategies to improve the decisions	Skills: Research and referencing Word definition	<ul style="list-style-type: none"> • allowing the body to recover • the removal of lactic acid/CO2/waste products 	
Officiating	In pairs, Officiate the games. Observe umpires and help with commands and signals. Pupils take it in turns to officiate and coach five point games.	To officiate the game correctly, fairly and accurately. To be able to correctly use the correct signals, comments, scoring and techniques.	Concentrate on each point and court at all times. Use the correct signals. Know the rules. Be fair and constant Score correctly. Use the correct the signals and scoring.	Focus on the rules regarding scoring, service and laws	👁 Consider why they were or were not right to call in / out 🔹 Students state, identify and reflect on the decisions made			prevent (delayed onset of) muscle soreness/ DOMS	
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down	↑ Ask pupils questions why a Cool down is essential after exercise	Q & A on the teaching points of skills	R+ Reward those that stick to it			
Active lifestyle & Social Guidance		What is a good role model to young participants							
Equipment		Volleyballs (Pink), Nets and strip of elastic to go between courts, Markers, pen, paper, whiteboard, whistle, stopwatch							
Healthy Lifestyles and well being		Describe what should be included in a Softball players pre and post match meals							