

Physical Education Scheme of Work

Year: KS4 Volleyball Leaders

Activity: Volleyball

Weeks: 12

Aim of the Unit:

Students will take on a variety of leadership roles as part of the unit and be able to deliver effective volleyball related warm ups. They will be able to adapt and modify the game to ensure that all participants are fully involved within the game and finally be able to plan and run a simple volleyball tournament. The students will develop their leadership skills throughout the unit.

Prior Learning:

Students will have completed the KS3 Volleyball scheme of work that will have given them a basic understanding of the skills required to play volleyball and have a basic understanding of the major rules and how to officiate a game of volleyball

Expectations by the end of the Unit:

All students will:

Will be able to lead a volleyball related warm up and give feedback to individuals on performance with guidance from the tutor and be able to officiate and score a game of volleyball with the help and support of the tutor and they will be able to independently plan and run a volleyball tournament.

Most students will:

Will be confident in the own ability to deliver sessions either on their own or with a partner and be able to give basic feedback that will help the performers performance and be able to officiate a game of volleyball and score with some support from the tutor and they will be able to independently plan and run a volleyball tournament.

Some students will:

Be very confident in their own ability to deliver sessions throughout the course independently and be able to analyse performance and give constructive feedback that will help improve the performance of the performer. They will be able to officiate using the correct hand signals and be able to score a competitive game of volleyball they will be able to independently plan and run a volleyball tournament.

Extension and Enrichment:

Out of lessons, at home and in the community, pupils could be encouraged to:

- Practice skills at breaks and lunchtimes and at home
- Take part in school sport, either competitively or socially
- Join clubs in the community and/or use local facilities
- Watch live and recorded matches to appreciate high-quality performance, search the internet to find information about sports and opportunities in sport

Cross Curricular Links: Literacy (Key words, Verbal Literacy, Explanations of technique, tactics and formations) Maths (Scoring, time, distance), Citizenship (Sportsmanship, etiquette, Fair Play), Science (effects of exercise on body, lifestyle factors)

Leadership opportunities:

All students will be completing the Volleyball Leaders course therefore will have to lead a variety of sessions that will include warm ups, small group work and run a simple tournament

Officiating opportunities:

All students will complete umpiring and line judge duties as part of the course requirements

Language for Learning (Literacy)

Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:

Tactical awareness:

- Spatial awareness
- Timing
- principles of attack and defence,
- finding and using space,
- changing speed,

Technical (Skills):

- Dig
- Set
- Serve
- Spike
- Block

Physiological (fitness):

- Coordination
- Agility
- Power

Psychological (thought process – awareness) :

- Decision making
- Concentration

Resources:

- Volleyballs
- Posts
- Nets
- Cones
- Resource cards
- Whiteboards
- Pens
- Paper

Assessment Criteria:

- Students will be continually assessed on their leadership skills and their ability to plan and organize a volleyball tournament. This is a certificated course that has no exam but is passed on attendance and completion of course.

Learning Objectives	Skills to be covered	Suggested Differentiation
<p>Introduction to Volleyball Leaders and General assessment To develop their understanding and knowledge of volleyball Leaders and what the course requirements are. To assess the general knowledge of all students as a starting point</p>	<p>To sit down and discuss the course requirements. Students to have an understanding that there will be times when written work will be required for the course and that it is a leadership unit so all students will have to take an active role in leading sessions even if it is in small groups. Warm up – student led 4 v 4 volleyball games to assess the playing ability and game understanding of all students. Allow the students the opportunity to officiate.</p>	<p>All lessons start with volleyball related warm-up and re-cap work of previous lesson.</p> <p>Make learning as active as possible</p> <p>Give opportunities to plan tactics & strategies</p>
<p>Leadership knowledge and understanding Students will be able to describe key skills, tactics and rules that apply to beginners, understand how to progress the game and adapt if necessary</p>	<p>Warm up – student led. 4 v 4 games allowing the students to play and think about basic ways of winning and losing points. Discuss with students how points are won and lost (use tutor resource card 2 for help) What skills are required to be an effective Leader – students to complete resource card on effective leadership skills to put in their portfolio. 4 v 4 game allow students to work out how to best work as a team and use the 3 touches effectively. Discuss with the students (use tutor resource card 3 for help). Allow students to officiate their own games at all times. HWK – students to prepare 2 drills for the set shot to be delivered next session with coaching points – all students to prepare to build up their portfolio of evidence.</p>	<p>Research rules on internet</p> <p>Tasks set to cater for levels of ability</p> <p>Distance from target</p> <p>Size of practice area</p>
<p>Preparing to play To be able to deliver volleyball related warm up and know the muscles that are being warmed up. Be able to demonstrate basic volleyball movements</p>	<p>Student led warm ups in groups of 4 or 5 allowing numerous students the opportunity to lead a volleyball related warm up (ensure students are using the muscle names when stretching). Allow the students to deliver the set shot drills (allow students to make mistakes and see if they adapt practices or try and persevere. Allow opportunity for students to discuss their sessions – what went well, what went wrong and why, what would they do to change, discuss adaptations that they could do to help make it easier. 4 v 4 games to finish – allow students to officiate games. HWK – students to prepare 2 drills for the dig shot to be delivered next session with coaching points – all students to prepare to build up their portfolio of evidence.</p>	<p>Size of target</p> <p>Amount of responsibility given to each individual</p> <p>Level of questioning used with each individual</p>
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<p>Adaptations for Volleyball To be able to adapt a game of Volleyball for a variety of different situations</p>	<p>Student led warm ups in groups of 4 or 5 allowing numerous students the opportunity to lead a volleyball related warm up (ensure students are using the muscle names when stretching). In groups of 4 they are to come up with two different ways of adapting the game of volleyball to either make it easier or harder for the students competing. Allow groups to deliver their adaptations to the rest of the group in mini games then discuss at the end of the session, students need to start to build their confidence in analyzing the performance of the students and giving feedback to help improve competitor’s performance. Students to record their adaptations on the resource sheet for their portfolio. HWK – in groups of 3 to plan and organize a simple volleyball tournament that will include a warm up and a tournament style of their choice (round robin, league, knockout etc...) they will have to think about equipment, rules, scoring, officiating etc...</p>	
<p>Organising and running a simple tournament To be able to plan and run a simple tournament, demonstrate effective leadership and officiating skills in the tournament and be able to review their own performance as a volleyball leader.</p>	<p>Student led warm ups in groups of 4 or 5 allowing numerous students the opportunity to lead a volleyball related warm up (ensure students are using the muscle names when stretching). Group to be chosen to run their tournament. Students to do all the work – teacher to step in and help if needed. Discuss the tournament at the end – how they felt it went, what was good, what went wrong and why and what would they do if they had the chance again etc...</p>	

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