

PE UKS2 Unit 26

Net/wall games 2

Lesson 5

Volleying



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 **40-45 mins**

Learning objectives

Children should learn:

- to develop the range and consistency of their skills, including how to use the volley in net games;
- to use a range of tactics, choosing different shots to hit the ball into the court;
- to adapt and follow rules for net games and keep rallies going;
- to keep score, using a system that rewards accurate hitting;
- to know why warming up and cooling down are important;
- to know how playing games affects their bodies and health;
- to recognise what skilful play looks like;
- to evaluate performances and practise with a partner to improve their standard of play.

Success criteria

Children:

- learn how to volley and begin to use this shot when the opportunity arises in a game;
- perform shots on both sides of the body with control and consistency;
- direct the ball at a target and into their opponent's court;
- get into a good position to receive the ball;
- work well with others to improve their score in net games;
- carry out warm-up activities carefully and thoroughly;
- give good explanations of how warm-up activities affect the body;
- know why warming up is important to help them play better;
- know the types of exercise they should concentrate on;
- describe the things that are successful in their own and others' play;
- try things out and ask for help to perform better.

National Curriculum Attainment targets

Pupils should be taught to:

- continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements;
- play net and wall games whilst applying basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance;
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Vocabulary

bounce, catch, competition ladder, control, court, exercise, feeding, fitness, health, hitting, net, racket, rally, scoring points, shot, target, technique, underarm, volley

Resources

- balls
- container
- short tennis rackets (one per child)

- nets (made from cones with canes balanced on top, ropes laid on the floor, a line of markers or white lines on the ground)
- hoops or cones

Warm-up

🕒 5-10 mins

- Ask the children to jog around the playing area in different directions to warm up.
- Ask them to stop and find a partner. Give each pair a racket and a ball and ask them to get into a space. Explain that they will practise feeding and hitting the ball to each other. One child throws the ball underarm to their partner, who lets it bounce once and then hits it back with control so that the feeder can catch the ball.
- Tell the children that the first pair to complete ten successful hits and catches should stand silently with their racket in the air. Once all the pairs have finished, ask them to swap roles and repeat the exercise.
- Now ask the children some questions about fitness and health, such as the following:

Key questions 🗋

What does your body feel like after warming up? (think about body temperature, breathing, heart rate)

Why is it important to warm up for net games? (to raise body temperature gradually, stretch the muscles gently before exercising, mobilise the joints)

How does this help you play better? (improves suppleness, recaps techniques, e.g. hitting, and skills, e.g. controlling the ball, racket handling)

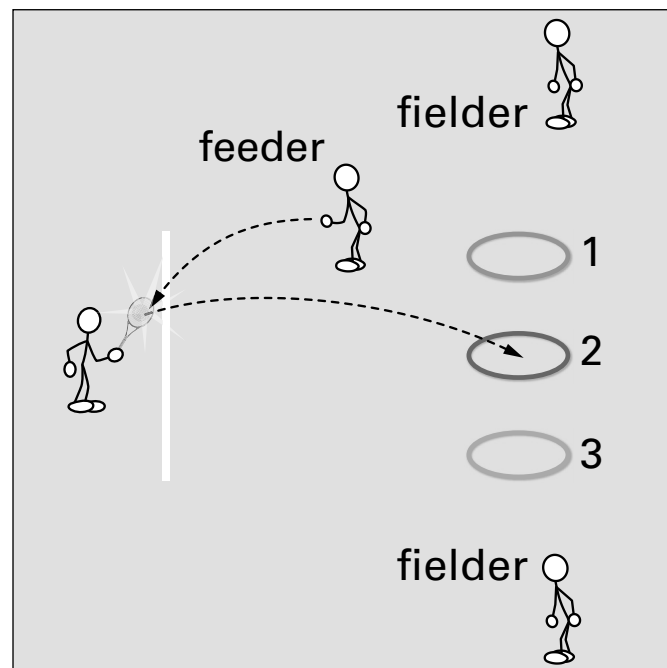
What types of fitness do you need for net games? (e.g. speed, flexibility)

How does exercise affect your health? (think about fitness, flexibility, strength)

Skills and tasks

🕒 25-30 mins

- Ask the pairs to join up to create groups of four for next the task. Set up this exercise for each group.



- Explain that the feeder will throw the ball to their partner on the other side of the net. The child with the racket will volley the ball towards a target. The two fielders will retrieve the ball and return it to the feeder after each shot. Explain to the children that the one who is feeding does so with an underarm action and the one who is volleying must hit the ball as early as possible once it has crossed the net.
- Explain that the technique for volleying is to step into the shot and punch the ball back over the net with the racket face; there is little or no swing when playing this type of shot.
- Give the child targets on the opposite side of the net, for example, hoops or cones for them to hit into or towards. Let the children decide on a value for each target so that the child with the racket feels as if they are definitely achieving when they hit their target.

- Allow each child ten balls and then rotate the positions within the groups. Repeat the activity so that every child has a go at hitting and they get a feel for what volleying is and how they should be doing it.
- Ask the children to stop and stand still. Pick two or three children to demonstrate how to volley. After each one, allow the class to comment on the good points of each performance. Ask them to describe what makes this shot successful.
- Let the children go back and try this exercise a few more times each, in order to improve their volleying. While they are doing this, move around the class and give support to children who are struggling to get their technique right.
- Ask the children to stop, retrieve their ball and keep it still while you explain the next activity.
- Explain to the children that they are now going to play a half-court net game against their partner. Make sure that each child has a racket and set up one long net.
- The children stand one on each side of the net and hit the ball to each other. They score one point for hitting the ball over the net, one point if it bounces within the court and ten bonus points for a good volley if the opportunity arises. Emphasise the need to work well together to build up a good score. They can make use of all the shots they know (e.g. forehand and backhand) but, where possible, they should concentrate on the volley.
- If the ball is hit out of play, no point is scored but the pair can resume their rally and continue to score points from where they left off. Allow the children to play for several minutes.
- Ask each of the pairs what they scored and tell them that you are now going to start a competition ladder. Every 90 seconds, you will look for the three highest scores and move these children to the top of the ladder (one end of the net).
- Allow the children to play this for up to ten minutes, stopping every 90 seconds to find the three highest scores.
- Now ask them to stop and return the balls to the container.

Cool-down

10 mins

- Explain to the children that you are going to play an extended version of 'king of the court', where each person can gain an extra life if they manage to hit a good volley.
- Ask the children to line up on one side of the net with their rackets. You will stand on the other side with a container of balls.
- Underarm feed the balls to the children, one at a time. If they hit the ball over the net and keep it within the court, they collect their ball, put it back in the container and join the back of the queue. If they manage to hit a good volley they can have an extra life.
- If they hit the ball into the net or outside the confines of the court, then they collect their ball, put it back in the container and join you on the other side of the net.
- When they are on your side of the net, if they catch any of the returned shots before the ball bounces, the hitter also then joins you on your side of the court.
- Continue to do this until you are left with one child on the opposite side of the net. He or she is the 'king of the court'.