



**SPORTING SCHOOLS
LESSON PLANS**

HOW TO USE THESE LESSON PLANS

All lesson plans include:

- type of game
- suggested time to spend on the game
- any required equipment
- the description of the game
- [CHANGE IT](#) suggestions
- [Australian National Curriculum \(ANC\) Code](#)

Each session follows the format:

Name	Description	Time
Warm Up	Fun games to get the kids moving	5 minutes
New Skill/Skill Practice	Teach and demonstrate a new skill each week, allow the kids some time to practice the skill	10 minutes
Play a Game	Create small games to practice new skills	30 minutes

For more games and resources check out our [Sporting Schools Game Portal](#).

DELIVERY ESSENTIALS

LOVE THE GAME

First and foremost we want kids to enjoy the game. You are teaching them to love the game and play for fun, not training them for the Olympics.

MODIFICATIONS

Modifications are encouraged to make the game fun and to learn new skills. There are a range of modifications that can be made based on the age group and venue.

[CHANGE IT](#) if an activity is not working.

LET THE KIDS PLAY

Avoid too many interruptions like feedback and corrections. These take time away from participating in activities and games which should take up the majority of the session. Aim for no more than 2 minutes talking for 20 minutes of activity.

CREATE A POSITIVE, FUN ENVIRONMENT

Kids learn in a positive environment, get excited about players getting skills right and don't stress too much about their errors. Make sure you are coaching proactively not reactively, always give positive feedback and never use sarcasm or put down kids. Make allowances for all age groups and abilities.

USE DIFFERENT METHODS OF COMMUNICATION

Kids learn in lots of different ways, ensure to ensure you use different ways of communicating with them, talk to them, show them and most importantly

Session 1

New Skill	<u>The Set</u>
Time	45-60mins
Area	Volleyball court or similar area
Equipment Required	1 volleyball, or similar per student 1x volleyball net or similar Cones/markers to define playing area

Session One	Warm Up	<h1>HOT VOLLEYBALL</h1>			
EQUIPMENT: 1-2 balls per circle		 5 Minutes			
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create large circles, with no more than 10 students per circle. Each circle starts with 1 ball. 2. The first player sets the ball to someone in the circle, they catch the ball and quickly set it to another player in the circle. 3. This continues until the whistle blows. 4. The player holding the ball when the whistle blows, is out. 5. The drill continues until only one player remains. 					
<h2>CHANGE IT</h2> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Allow players to catch and throw the ball instead of using a set </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> • Add another ball into the circle </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Allow players to catch and throw the ball instead of using a set 	Advanced <ul style="list-style-type: none"> • Add another ball into the circle 	
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ANC CODE	Moving our Body	<table border="0" style="width: 100%;"> <tr> <td style="background-color: #f4a460; padding: 5px;"><u>ACPMPO25</u></td> </tr> <tr> <td style="background-color: #8eb9e2; padding: 5px;"><u>ACPMPO43</u></td> </tr> <tr> <td style="background-color: #90d270; padding: 5px;"><u>ACPMPO61</u></td> </tr> </table>	<u>ACPMPO25</u>	<u>ACPMPO43</u>	<u>ACPMPO61</u>
<u>ACPMPO25</u>					
<u>ACPMPO43</u>					
<u>ACPMPO61</u>					

**Session
One**

**New
Skill**

**THE
SET**

KEY POINTS

1. **Ready Position** - Be balanced and ready to move, then move to a position that would allow the ball to land on the forehead if it were not to be set.
2. **Ball Shaped Hands** - Position your hands above your head in the shape of the ball with your elbows in line with your ears. Look at the ball through the opening between your hands.
3. **Spread fingers** - Accept the ball onto spread fingers with your elbows slightly bent. Use your legs and arms to push up and extend through the ball with your hands and wrists remaining firm.
4. **Follow through** to your target.



Session One	Skill Practice	<h1 style="text-align: center;"><u>THROW</u></h1> <h1 style="text-align: center;"><u>SET</u></h1>
EQUIPMENT: 1 ball per student		 10 Minutes
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Players throw the ball overhead and move under it to set to themselves. 2. Players then catch the ball and then set to themselves again. 3. Encourage players to stay in control of their ball. 4. Repeat for 2 minutes. 		
<h2>CHANGE IT</h2> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <h3>Beginner</h3> <ul style="list-style-type: none"> • Encourage players to reduce the height of their throw to allow them to stay in more control. </div> <div style="width: 45%;"> <h3>Advanced</h3> <ul style="list-style-type: none"> • As players get more competent remove the catch • Encourage players to set as many times in a row without catching the ball in between </div> </div>		
ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMPO25</u></div> <div style="background-color: #8eb9e0; padding: 2px;"><u>ACPMPO43</u></div> <div style="background-color: #8bc34a; padding: 2px;"><u>ACPMPO61</u></div>

Session One	Play A Game	<h1 style="text-align: center;"><u>TRIANGLE SETTING</u></h1>		
EQUIPMENT: 1 ball per group		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Set up groups of 3 students in a small triangle with approximately 1-1.5 metres between each player. 2. Each student faces the direction they will set. 3. The players set the ball to each other in a clockwise direction. 4. Challenge them to count how many sets in a row without dropping the ball. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Players can play in pairs instead of groups of 3 • Player may use a pass instead of a set • Allow players to catch the ball before setting </td> <td style="width: 50%; vertical-align: top;"> Advanced <p>Increase the size of the triangles</p> </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Players can play in pairs instead of groups of 3 • Player may use a pass instead of a set • Allow players to catch the ball before setting 	Advanced <p>Increase the size of the triangles</p>
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ANC CODE	Moving our Body	<u>ACPMP025</u>		
		<u>ACPMP043</u>		
		<u>ACPMP061</u>		

Session One	Play A Game	<h1><u>TEAM</u> <u>PASSING</u></h1>		
EQUIPMENT: 1 ball per game		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create teams of no more than 4 students. Students stand in a diamond with one player standing close to the net. 2. The player at the back of the court underarm serves over the net to any receiver on the other team. 3. The player sets or does a forearm pass to the player standing at the net. 4. The player at the net catches the ball and then quickly throws the ball up in the air for the 4th player to get it over the net. Continue the rally as long as possible. 5. Rotate positions after a few minutes. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • You may allow teams to have more than 3 contacts to help to continue the rally as long as possible </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> • For more advanced students swap the catch and throw to a set </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • You may allow teams to have more than 3 contacts to help to continue the rally as long as possible 	Advanced <ul style="list-style-type: none"> • For more advanced students swap the catch and throw to a set
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ANC CODE	Learning Through	<u>ACPMP032</u>		
	Movement	<u>ACPMP050</u>		
		<u>ACPMP069</u>		

Session 2

New Skill	<u>The Spike</u>
Time	45-60mins
Area	<ul style="list-style-type: none">• Volleyball court or similar area• An empty wall
Equipment Required	<ul style="list-style-type: none">• 1 volleyball, or similar per student• 1 volleyball net or similar• Cones/markers to define playing area

Session Two	Warm Up	<h1>HOP BALL RELAY</h1>			
EQUIPMENT: 1 ball per group		 5 Minutes			
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create teams of 4 players, lined up approximately 5m across from a ball. 2. This is a relay race, the first student hops down, grabs a ball and hops back to the line of students and hands the ball to the second player. 3. The second player takes the ball, hops to the line and places the ball on the ground, then they hop back to the line of students. 4. The third player hops to the line, grabs a ball and hops back to the line of students and hands the ball to the fourth player. 5. The fourth player takes the ball, hops to the line and places the ball on the ground and hops back to the line of students. 6. The team that finishes quickest wins! 					
<h2>CHANGE IT</h2> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Change the hop to a run • For younger students try using smaller balls or bean bags </td> <td style="width: 50%; vertical-align: top;"> Advanced N/A </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Change the hop to a run • For younger students try using smaller balls or bean bags 	Advanced N/A	
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<u>ACPMP025</u>					
<u>ACPMP043</u>					
<u>ACPMP061</u>					

Session
Two

New
Skill

THE SPIKE

PURPOSE

The purpose of the spike is to win the rally by either grounding the ball in the opposition's court or causing the opposition to be unable to return the ball.

KEY POINTS

1. **Batman** – Arms start from a position behind the back as if they represent batman's cape.
2. **Superman** – Arms are swung forward to generate momentum to leave the floor and finish in a position resembling superman in flight, with height also generated through the legs.
3. **Robin Hood** – Pull the hitting arm back like pulling back an arrow and opening up through the shoulders.
4. **Smash** – Contact the ball with a high hand during fast arm swing, hitting the ball down. Follow through to your target.



Session Two	Skill Practice	<u>WALL</u> <u>SPIKE</u>
EQUIPMENT: 1 ball per student		 10 Minutes
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Players stand in a line approximately 5 steps from the wall. 2. Players spike the ball, aiming the ball forward and down so it hits the wall, or the floor close to the wall and rebounds back. 3. Repeat for 1-2 minutes. 		
<h2>CHANGE IT</h2> <div style="display: flex; justify-content: space-between;"> <div data-bbox="109 935 512 1070"> <h3>Beginner</h3> <ul style="list-style-type: none"> • Reduce the space between the player and the wall. </div> <div data-bbox="572 935 990 1230"> <h3>Advanced</h3> <ul style="list-style-type: none"> • If a wall is not available pair players up. Players spike the ball aiming to hit the ground in front of their partner who can spike it back. </div> </div>		
ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMPO29</u></div> <div style="background-color: #8eb9e0; padding: 2px;"><u>ACPMPO47</u></div> <div style="background-color: #8bc34a; padding: 2px;"><u>ACPMPO65</u></div>

Session Two	Play A Game	<u>3's</u> <u>SPIKE</u>		
EQUIPMENT: 1 ball per court		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create groups of 3, with 1 player on one side of the net (Player A) and the remaining 2 players on the other side (Player B & C). 2. Player A lobs the ball over the net to Player B, who passes the ball to Player C. 3. Player C sets the ball for Player B to spike back over the net to Player A. 4. Continue this pattern for 1 minute and then rotate roles. 				
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ANC CODE	Learning Through Movement	ACPMPO30 ACPMPO48 ACPMPO67		

Session Two	Play A Game	4 v 4 RALLY
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EQUIPMENT: 1 ball per game	 15 Minutes
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DESCRIPTION
<ol style="list-style-type: none"> 1. Create 2 teams of 4 players. Players stand in a diamond with one player close to the net and one at the back of the court. 2. The back player does a throw or underarm serve over to another player on their team, who does a set or pass to the player at the net who spikes the ball over the net. 3. The aim is to get 3 contacts for each team before sending in over the net. 4. Players try to keep the rally going as long as possible. 5. Rotate the player's positions every so often.

CHANGE IT				
<table> <tr> <td>Beginner</td> <td>Advanced</td> </tr> <tr> <td> <ul style="list-style-type: none"> • Allow players to catch the ball before performing their skill to improve their control. </td> <td> <ul style="list-style-type: none"> • N/A </td> </tr> </table>	Beginner	Advanced	<ul style="list-style-type: none"> • Allow players to catch the ball before performing their skill to improve their control. 	<ul style="list-style-type: none"> • N/A
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ANC CODE	Moving Our Body	ACPMPO27 ACPMPO45 ACPMPO63
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Session 3

New Skill	<u>The Pass</u>
Time	45-60mins
Area	<ul style="list-style-type: none">• Volleyball court or similar area
Equipment Required	<ul style="list-style-type: none">• 1 volleyball, or similar per student• 1 volleyball net or similar• Chalk/Cones/markers to define playing area

Session Three	Warm Up	<h1 style="text-decoration: underline;">INTERCEPTOR</h1>		
EQUIPMENT: 1 ball per group		 5 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create teams of 3 or more players, with 1 ball per group. 2. Players set or pass to keep the ball away from player/s who are the 'net'. The 'net' may not jump, but can be aggressive to interrupt play. 3. Players swap roles when the 'net' is hit, the ball is hit out of bounds, or the ball drops. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <h3>Beginner</h3> <ul style="list-style-type: none"> • Allow players to throw the ball to get it over the 'net' </td> <td style="width: 50%; vertical-align: top;"> <h3>Advanced</h3> <ul style="list-style-type: none"> • Players can start the game with a serve </td> </tr> </table>			<h3>Beginner</h3> <ul style="list-style-type: none"> • Allow players to throw the ball to get it over the 'net' 	<h3>Advanced</h3> <ul style="list-style-type: none"> • Players can start the game with a serve
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ANC CODE	Moving Our Body	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMPO25</u></div> <div style="background-color: #8eb9e0; padding: 2px;"><u>ACPMPO43</u></div> <div style="background-color: #76c75a; padding: 2px;"><u>ACPMPO61</u></div>		

**Session
Three**

**New
Skill**

THE PASS

PURPOSE

The purpose of the forearm pass is to:

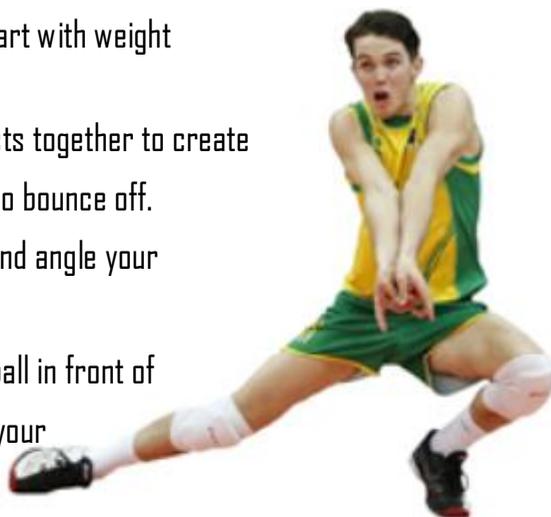
- Receive and control the ball after the opposition's serve.
- Prevent the opposition from winning the rally by preventing the ball from contacting the floor (dig).
- Commence the process of establishing an attacking opportunity.

KEY POINTS

1. Ready position – Bend your knees and have your feet shoulder width apart with weight forward.

2. Platform – Put your wrists together to create a flat platform for the ball to bounce off. Keep your elbows straight and angle your arms towards the target.

3. Ball in front – keep the ball in front of you and meet the ball with your



Session Three	Skill Practice	<u>MAXIMUM</u> <u>PASSES</u>		
EQUIPMENT: 1 ball per pair		 10 Minutes		
DESCRIPTION <ol style="list-style-type: none"> 1. Students find a partner and stand opposite each other approximately 5m apart. 2. Player A passes the ball to Player B, who uses a pass to get it back to Player A. 3. The aim is to get as many consecutive passes without making an error. 				
CHANGE IT <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Players can catch the ball before passing it back to their partner. </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> • N/A </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Players can catch the ball before passing it back to their partner. 	Advanced <ul style="list-style-type: none"> • N/A
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ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMP029</u></div> <div style="background-color: #8eb4e3; padding: 2px;"><u>ACPMP047</u></div> <div style="background-color: #90d174; padding: 2px;"><u>ACPMP065</u></div>		

Session Three	Play A Game	<h1>ZONE BALL</h1>		
EQUIPMENT: 1 or more balls per court, chalk to draw boundary lines		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create an attacking and a defending team with 3 or more players. Use existing lines or draw a large circle using chalk to create a defender zone. 2. Attackers use a pass or serve to get the ball to land in the defenders zone. 3. The defenders use a set, pass or spike to prevent the ball landing in their zone and to return the ball to the attackers. 				
<h2>CHANGE IT</h2> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> Defenders may catch the ball before setting, passing or spiking out of their zone </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> As players become more competent add more balls into the game </td> </tr> </table>			Beginner <ul style="list-style-type: none"> Defenders may catch the ball before setting, passing or spiking out of their zone 	Advanced <ul style="list-style-type: none"> As players become more competent add more balls into the game
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ANC CODE	Learning Through Movement	ACPMPO30 ACPMPO48 ACPMPO67		

Session Three	Play A Game	AIR RAID		
EQUIPMENT: Divide any available balls between courts		 15 Minutes		
DESCRIPTION <ol style="list-style-type: none"> Students are divided into two equal groups of no more than 4 and are placed on each side of the court. Balls are divided evenly amongst the two teams. On the call of 'go' players set, spike or pass to get the ball over the net. The aim is to try and get the ball over the net as many times as possible. After approximately 1 minute the coach stops the drill and counts the balls on each side. The team with the fewest balls scores a point. 				
CHANGE IT <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> Reduce the balls on the court </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> A penalty system may need to be introduced where teams are penalised two balls if players intentionally hit the ball out of the court with excessive force or if they throw the ball under the net instead of attempting to use a skill to return the ball. </td> </tr> </table>			Beginner <ul style="list-style-type: none"> Reduce the balls on the court 	Advanced <ul style="list-style-type: none"> A penalty system may need to be introduced where teams are penalised two balls if players intentionally hit the ball out of the court with excessive force or if they throw the ball under the net instead of attempting to use a skill to return the ball.
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ANC CODE	Learning Through	ACPMPO32 ACPMPO50 ACPMPO69		

Session 4

New Skill	<u>The Serve</u>
Time	45-60mins
Area	<ul style="list-style-type: none">• Volleyball court or similar area
Equipment Required	<ul style="list-style-type: none">• 1 volleyball, or similar per student• 1 volleyball net or similar• Cones/markers to define playing area• Hoops or similar to use as a target

Session Four	Warm Up	FREEZE TAG
EQUIPMENT: 1 ball per group, hats cones for boundaries		 5 Minutes
DESCRIPTION <ol style="list-style-type: none"> 1. Set up a large area for students to run, make sure there are no poles or nets in the area. Choose two students to be 'it'. 2. The students who are 'it' have a ball in their hand to use for tagging. 3. The ball is used to tag another student; the ball must not be thrown. 4. Once tagged they freeze with legs apart. They can be un-frozen by another student crawling between their legs. 		
CHANGE IT <ul style="list-style-type: none"> • It may be culturally insensitive to crawl through other students legs so change it to allow a tap on the shoulder to unfreeze the player. 		
ANC CODE	Moving Our Body	ACPMPO25 ACPMPO43 ACPMPO61

Session Four	New Skill	<u>THE</u> <u>SERVE</u>
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PURPOSE

The purpose of the serve is to get the ball over the net to start the rally, the rally can be won by either grounding the ball in the opposition's court or causing the opposition to be unable to return the ball.

KEY POINTS

There are many different types of serves used in Volleyball including the underarm and overhand serves.

UNDERARM SERVE

1. **Ready position** – Stand facing the net with your non-dominant foot forward. Hold the ball out in front of you in your non-hitting hand at waist level.
2. **Contact** - Lean forward as you swing your hitting arm forward; drop your other hand just before contact. Hit underneath the ball with the fist or heel of the hand.
3. **Follow through** with your hitting hand.

Session

Four

New

Skill

THE SERVE cont.

KEY POINTS

OVERHAND SERVE

1. **Ready position** – Always keep the ball in front of you. Feet should be staggered, with feet and body facing desired direction. Draw your serving arm back keeping your elbow high.
2. **Toss** the ball up in front of your serving arm, lead with your elbow.
3. Make **contact** with the ball with a straight arm using the palm of your hand. Make sure you keep your fingers spread.
4. **Follow through** the ball with a firm wrist and hand.



Session Four	Skill Practice	<h1 style="text-align: center; text-decoration: underline;">TARGET SERVE</h1>		
EQUIPMENT: 2 balls per line. A cone, hoop or similar object to use as a target		 10 minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create 2 lines of players about 5 steps back from the net. Set up a cones or hoop on the other side of the net approximately 5 steps from the net. 2. The player at the front of line serves the ball over the net at the hoop or cone. 3. The player then crosses under the net to retrieve the ball and returns to the back of the line. 4. The next player in line serves the ball when the player in front has crossed under the net. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Allow students to get closer to the net so they are closer to the target. </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> • As students become more accurate you can move the target further away from the net </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Allow students to get closer to the net so they are closer to the target. 	Advanced <ul style="list-style-type: none"> • As students become more accurate you can move the target further away from the net
Beginner <ul style="list-style-type: none"> • Allow students to get closer to the net so they are closer to the target. 	Advanced <ul style="list-style-type: none"> • As students become more accurate you can move the target further away from the net 			
ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMPO29</u></div> <div style="background-color: #8eb9e2; padding: 2px;"><u>ACPMPO47</u></div> <div style="background-color: #90d270; padding: 2px;"><u>ACPMPO65</u></div>		

Session Four	Play A Game	<h1>ACCURACY CHALLENGE</h1>		
EQUIPMENT: 1 ball per pair		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Put students in pairs and have one ball between each pair. Create 2 lines approximately 2 metres apart with space for one line to move back. 2. One pair starts with the ball and serves the ball to their partner who tries to catch the ball without moving both feet (i.e. they can move one foot to catch the ball), they gently throw the ball back to their partner. 3. One point is scored if the player catches the ball. Once 5 points have been scored they can take one step backwards and begin again from zero points. The aim of the activity is to take as many steps back as possible in the allocated time. 4. After the designated time period, have the pairs switch positions. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • If a pair is finding it difficult to get to 5 points, they can take a step forwards </td> <td style="width: 50%; vertical-align: top;"> Advanced <p>Both students can serve the ball to each other. Students can take a step back when a combined 5 successful serves are performed.</p> </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • If a pair is finding it difficult to get to 5 points, they can take a step forwards 	Advanced <p>Both students can serve the ball to each other. Students can take a step back when a combined 5 successful serves are performed.</p>
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ANC CODE	Learning Through Movement	<div style="background-color: #f4a460; padding: 2px;">ACPMPO30</div> <div style="background-color: #8eb9e0; padding: 2px;">ACPMPO48</div> <div style="background-color: #90d060; padding: 2px;">ACPMPO67</div>		

Session Four	Play A Game	<h1 style="text-align: center;"><u>SITTING</u></h1> <h1 style="text-align: center;"><u>VOLLEYBALL</u></h1>		
EQUIPMENT: 1 ball per court, a net with a height of 1 m or use cones, ribbon or rope.		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Teams hit the ball over the net, in no more than three touches. 2. Rallies continue until the ball touches the ground, the ball goes out, or their opponents fail to return it. 3. A point is scored if the ball lands in the opponents' court or if they cannot return the ball. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • An increased maximum number of hit can be introduced • Alter the net height for different abilities </td> <td style="width: 50%; vertical-align: top;"> Advanced <p>Try using different types of balls eg. Balloons, lightweight balls, beach balls</p> </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • An increased maximum number of hit can be introduced • Alter the net height for different abilities 	Advanced <p>Try using different types of balls eg. Balloons, lightweight balls, beach balls</p>
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ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMPO31</u></div> <div style="background-color: #8db4e2; padding: 2px;"><u>ACPMPI08</u></div> <div style="background-color: #90d174; padding: 2px;"><u>ACPMPO66</u></div>		

Session 5

New Skill	<u>The Block</u>
Time	45-60mins
Area	<ul style="list-style-type: none">• Volleyball court or similar area
Equipment Required	<ul style="list-style-type: none">• 1 volleyball, or similar per student• 1 volleyball net or similar• Cones/markers to define playing area• Stopwatch

Session Five	Warm Up	BALL CHALLENGES
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EQUIPMENT: 1 ball per pair. Stop watch for coach	 5 Minutes
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DESCRIPTION	
Pairs have 2 minutes to complete as many repetitions as possible:	
Over/under ball pass	Pass ball overhead and then through the legs
Side to side ball pass	Pass the ball side to side from one partner to the other
Feet to feet ball pass	Students lay down head to head and pass the ball only using their feet. After receiving the ball their will bring it to the floor and then back over their head to the partners feet.

ANC CODE	Moving Our Body	ACPMP027
		ACPMP045
		ACPMP063

Session
Five

New
Skill

THE BLOCK

PURPOSE

The purpose of the block is to:

- Defend against the attack of the opposition by intercepting and repelling a spike;
- Win the rally by rebounding the ball into the oppositions court, either grounding the ball or causing the opposition to be unable to return the ball.

KEY POINTS

1. **Ready position** - Hands high in front of you with your palms facing forwards, fingers spread and firm, and thumbs up. Have your weight on your heels in a squat position. Watch your opponent and the ball and adjust your position to line up on your opponent's hitting arm.
2. **Timing** - Taking your timing from the opponents jump, squat down and jump up to begin your block. As you jump, extend your arms and push your palms over the net. Keep your thumbs up and your elbows locked.
3. **Finish** - End your block with your elbows locked as your opponent spikes the ball.



Session Five	Skill Practice	<h1><u>PAIRS</u></h1> <h1><u>BLOCK</u></h1>		
EQUIPMENT: 1 net or a rope, ribbon to create a net		 10 minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Partner students, with one partner standing on each side of the net facing each other. 2. One player calls 'go' and then they both jump up and touch hands over the net. 3. Encourage players to keep their hands up and clear of the net when they jump. 4. Students get a point each time they cleanly touch each other's hands without touching the net. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Students can move away from the net to allow them to work on the timing of the jump </td> <td style="width: 50%; vertical-align: top;"> Advanced <ul style="list-style-type: none"> • N/A </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Students can move away from the net to allow them to work on the timing of the jump 	Advanced <ul style="list-style-type: none"> • N/A
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ANC CODE	Understanding Movement	<div style="background-color: #f4a460; padding: 2px;"><u>ACPMP029</u></div> <div style="background-color: #8eb9e0; padding: 2px;"><u>ACPMP047</u></div> <div style="background-color: #8bc34a; padding: 2px;"><u>ACPMP065</u></div>		

Session Five	Play A Game	<h1>SPACE BALL</h1>		
EQUIPMENT: 1 ball per court		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Create 2 teams of 3 players per court. Each team nominates a defender to stand at the front of the court. 2. Team A serves the ball, the defender on Team B attempts to block the ball. If the defender blocks the serve they score 2 points. 3. If the serve passes the defender, other team members must set or pass to another team member to catch the ball. 4. Team B must then serve the ball back to Team A who will also attempt to block the ball or set/pass/catch the ball. 				
<h2>CHANGE IT</h2> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Players may serve the ball closer to the net • The ball is allowed to bounce once • Lower the net to make the drill easier </td> <td style="width: 50%; vertical-align: top;"> Advanced <p>The receiving team must have three receives before returning it</p> </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Players may serve the ball closer to the net • The ball is allowed to bounce once • Lower the net to make the drill easier 	Advanced <p>The receiving team must have three receives before returning it</p>
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ANC CODE	Learning Through Movement	<div style="background-color: #f4a460; padding: 2px;">ACPMP030</div> <div style="background-color: #8eb9e2; padding: 2px;">ACPMP048</div> <div style="background-color: #90d18e; padding: 2px;">ACPMP067</div>		

Session Five	Play A Game	<h1 style="text-align: center; text-decoration: underline;">KING OF THE COURT</h1>		
EQUIPMENT: 1 ball per court		 15 Minutes		
<h2>DESCRIPTION</h2> <ol style="list-style-type: none"> 1. Have 3 teams of with 2-4 participants. There are 2 teams on the court, designate one end as the 'kings' end and designate a line behind the court at both ends for the waiting teams to stand behind while a rally is in progress. 2. The 'Kings' serve the ball to start the rally. Teams use up to 3 touches to get the ball to the other side of the net. The rally is over when the ball touches the ground, hits the net or is out. 3. The team that wins the rally stays on the court, while the team that lost the rally moves to the back of the court. The team waiting takes their place on the court and the game begins again. 4. If the 'Kings' lose the rally then the team that beat them moves to other side of the net, becoming the 'kings' and serves the ball to the team that has entered the court from the front of the waiting area. 				
<h2>CHANGE IT</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Beginner <ul style="list-style-type: none"> • Use different types of balls or balloons depending on the ability of the players </td> <td style="width: 50%; vertical-align: top;"> Advanced <p>Allow teams to serve the ball for the next rally as soon as possible, forcing teams to get on court quickly</p> </td> </tr> </table>			Beginner <ul style="list-style-type: none"> • Use different types of balls or balloons depending on the ability of the players 	Advanced <p>Allow teams to serve the ball for the next rally as soon as possible, forcing teams to get on court quickly</p>
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ANC CODE	Learning Through Movement	<div style="background-color: #f4a460; padding: 2px;">ACPMPO32</div> <div style="background-color: #8db4e2; padding: 2px;">ACPMPO50</div> <div style="background-color: #8bc34a; padding: 2px;">ACPMPO69</div>		

Session 6

New Skill	Mini Volleyball Games
Time	45-60mins
Area	<ul style="list-style-type: none">• Volleyball court or similar area
Equipment Required	<ul style="list-style-type: none">• 1 volleyball, or similar per student• 1 volleyball net or similar• Chalk/Cones/markers to define playing area

Session Six	Warm Up	VOLLEY RELAYS
EQUIPMENT: 1 ball per team		 5 Minutes
DESCRIPTION 1. Form teams of 1 to 4 players. Have the groups spread along a starting line and have another line identified with existing lines, chalk or markers as the turnaround point. Place a ball for each team on the turnaround line. Using different activities conduct relays: <ul style="list-style-type: none"> • Run to the turnaround point, pick up the volleyball and perform three consecutive passes to yourself. Before putting the ball down and running back to tag the next person • Run to the turnaround point, pick up the volleyball and perform three consecutive sets to yourself, before putting the ball down and running back to tag the next person • Pass the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again • Set the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again 		
ANC CODE	Moving Our Body	ACPMP027 ACPMP045 ACPMP063

Session Six	Play A Game	<u>MINI</u> <u>VOLLEYBALL</u>
		 45 minutes
EQUIPMENT: A mini volleyball court (14m x 7m) with a net at a height of 2 metres (a rope or no-go zone are suitable alternatives, 1 ball per game, Cones or markers to define the court area (if required))		
DESCRIPTION <ol style="list-style-type: none"> 1. Players serve the ball over the net from behind the baseline. 2. Using the skills they have learnt (pass, set, spike, block) the opposing team use up to 3 touches to return the ball. 3. Rallies continue where both teams try to return the ball to the other side. <ul style="list-style-type: none"> • A rally is won when: The ball is not returned over the net within 3 hits • The receiving team lets the ball hit the ground • A player makes contact with the net, or • The returned ball lands outside the court boundaries 4. If the receiving team wins the rally, they win the right to serve. 5. Players rotate clockwise after winning the right to serve. 6. A player is allowed a maximum of 3 serves in a row. 7. A point is scored by the team that wins the rally. The first team to score 25 points wins the set winning by at least 2 points. 		

CHANGE IT

Scoring

- Score a bonus point each time a team uses its maximum 3 hits before returning the ball.
- For beginners or to create a less intimidating atmosphere do not keep score.
- Instead of playing until a set is completed play for a defined period of time. The winning team is the one with the most points scored when time runs out.

Playing Area

- Lower the net height or use a no-go zone until players develop the skills of serving and spiking
- Use ribbons or rope to create the net
- Use a badminton court and nets if available

Game Rules

- Allow the server to serve from inside the court (closer to the net) to improve their chances of success.
- Allow the ball to bounce once before first contact.
- Change the maximum number of hits allowed before returning the ball over the net.

**ANC
CODE**

Learning
Through
Movement

[ACPMPO32](#)

[ACPMPO50](#)

[ACPMPO69](#)