



Learning Plan 3		Subject/Pwnc: Health and Wellbeing - Volleyball		Year/Blwyddyn: 9	
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular volleyball. 10 keywords: Serve, Dig, Forearm pass (bump), Set, Spike / Attack, Block, Rotation, Court awareness, Communication, Sportsmanship.</p>					
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)		Homework/Gwaith cartref to support progress	
<p>Week 1 5/1/26 Rules, positions and scoring system</p>	<ul style="list-style-type: none"> Discuss the rules of volleyball, how the scoring system works and what the rotation system is. Discuss the importance of teamwork and communication skills. Introduce and develop basic passing. Develop communication skills on court. 	<ul style="list-style-type: none"> I understand the players positions and how the rotation system works. I can perform the forehand (bump) using the correct stance, platform and contact point. I can demonstrate partner passing (short and long distances), wall passing drills and accuracy passing in to hoops or target areas. I can demonstrate successful bump during a 3v3 mini game (underarm passing only). I can confidently demonstrate communication on court whilst playing the 3v3 mini game. 		Wk 1	<p>Homework: Watch a volleyball game online.</p> <p>Set:</p> <p>Due:</p>
<p>Week 2 12/1/26</p>	<ul style="list-style-type: none"> Understand how to accurately serve underarm and overarm. Able to demonstrate passing under pressure. Recap and demonstrate understanding of the rotation system. 	<ul style="list-style-type: none"> I can demonstrate accurately how to serve under and overarm using the ball toss and follow through. I can attempt to perform hitting a target area within three attempts whilst serving (under pressure). I can successfully complete a serve-receive drill (learners serve while others practice passing). 		Wk 2	<p>Homework: Look at the coaching tips and strategies to carry out a spike.</p> <p>Set:</p>

		<ul style="list-style-type: none"> I can demonstrate this in a 4v4 modified game, focusing on serve- receive. I have knowledge of WWW and EBI to discuss within others regarding my performance. 		Due:
<p>Week 3 19/1/26 Setting and spike (attacking)</p>	<ul style="list-style-type: none"> Understand what the correct hand positioning and footwork are for setting the ball. Introduce and demonstrate a spike (attacking). Analyse WWW and EBI from today's game (our team only). 	<ul style="list-style-type: none"> I can demonstrate proper hand placement and pushing technique for setting. I am able to work in pairs focusing on accuracy. I can explain what the fundamental of spiking are (approach, jump, contact). Whilst one student sets, I spike onto a mat. I can attempt to complete a controlled attacking drill (spike at 50% power into target zones). I can play a 4v4 game focusing on set and attack strategies. 	Wk 3	<p>Homework: Find out what blocking and digging are and gather hints on tips to perform them.</p> <p>Set:</p> <p>Due:</p>
<p>Week 4 26/1/26 Defensive strategies</p>	<ul style="list-style-type: none"> I can develop defensive strategies, including blocking and digging. Improve reaction time for defensive play 	<ul style="list-style-type: none"> I can show or explain the correct body position for blocking and then demonstrate partner blocking against soft tosses. I can demonstrate how to absorb impact and control digs, completing a digging relay where learners dig controlled balls back to the setter. I can react defensively to teacher/another player tossing random balls. I can play within a 5v5 game with an emphasis on defensive play. 	Wk 4	<p>Homework: Create a poster of the top 10 tips of playing a successful volleyball game.</p> <p>Set:</p> <p>Due:</p>
<p>Week 5 2/2/26 Tactical Play</p>	<ul style="list-style-type: none"> Improve their team coordination and tactical play Show offensive and defensive transitions 	<ul style="list-style-type: none"> I can perform controlled game situation where teacher assigns specific plays. I can perform a drill for communication development calling for the ball in high-pressure situations. I can compete in a 6v6 full game with a focus on teamwork and positioning. 	Wk 5	<p>Homework:</p> <p>Set:</p> <p>Due:</p>

Week 6 8/12/25 FINAL TOURNAMENT/ Assessment	Assessment Lesson – Tournament and review of performance	<ul style="list-style-type: none">• I can apply all learned skills in competitive play.• I can demonstrate sportsmanship and teamwork.• I can compete within a team in a round-robin format.• Through self and peer assessment on performance, I can explain WWW and EBI.	Wk 6	Homework: Set: Due:
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