

## Grade 10

## Lesson 3

### Lesson plan

Lesson theme	Practise basic volleyball skills	Grade	10
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Recreation and physical wellbeing</li><li>Movement focus: Sports and games.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Learners improve their fitness levels.</li></ul>		<ul style="list-style-type: none"><li>Learners develop sports skills.</li></ul>	
Core knowledge			
<ul style="list-style-type: none"><li>Know how to serve underarm and overarm in volleyball</li><li>Know how to perform a dig and set shot.</li></ul>			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Warm-up</li><li>Learners perform drills that develop volleyball skills. They then try to maintain a rally using these skills</li><li>Cool-down.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Checklist</li><li>See ‘Learner assessment’ in the ‘Checklist for evaluation’ at the end of the lesson.</li></ul>		<ul style="list-style-type: none"><li>Volleyball net/rope</li><li>Volleyballs.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Encourage learners that are interested in volleyball to join a local club.</li></ul>		<ul style="list-style-type: none"><li>The activities teach learners important skills and help them improve their co-ordination and fitness levels.</li></ul>	

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### Lesson 3: Practise basic volleyball skills (50 minutes)

#### 1 Outcomes

By the end of the lesson learners should be able to:

- Serve (either underarm or overarm)
- Perform a dig shot confidently
- Perform a set shot confidently
- Take an active part in a volleyball rally.

#### 2 Teacher's corner

##### Setting up

- Familiarise yourself with the drills outlined in the 'Activities' section below
- Get a learner to demonstrate the techniques used for the different shots while you provide the 'voice-over'.

##### For lesson 3 you'll need the following equipment:

- Volleyball net (or rope fashioned into a net)
- As many volleyballs as possible for the performing of drills.

#### 3 Activities

##### Activity 1: Warm-up (5 minutes)

Plan a warm-up exercise based on the warm-up and dynamic stretching exercises found on pages 3 to 7.

##### Activity 2: The underarm serve (5 minutes)

1. Demonstrate the underarm serve drill to the learners, explaining the various body movements associated with this shot as described below.

1. Stand side-on to the net with your feet approximately shoulder-width apart.
2. Make your hitting hand into a flat surface by forming a fist.
3. Hold the ball in front of your body with your non-hitting hand.
4. Take your hitting hand back so that it is coming from behind your body.
5. Move your body weight from your back foot to your front foot as your hand swings through.
6. As your hand swings through, release the ball from your non-hitting hand, connecting underneath it with your hitting hand.
7. Follow through with your arm in the direction of your target as your hitting hand connects with the ball.

2. Pair learners up and ask them to hit the ball to each other following the example provided in the demonstration.

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### Activity 3: The overarm serve (5 minutes)

1. Demonstrate the overarm serve drill to learners, explaining the various body movements associated with this shot as described below:

1. Stand side-on to the net with your feet approximately shoulder-width apart.
2. Hold the ball in front of your body at the same height as your eyes.
3. Shift your body weight onto your back foot.
4. Swing your hitting hand with a very firm and open hand into a position behind your back (as if you were going to scratch your shoulder) while tossing the ball into the air with your non-hitting hand.
5. Move your body weight onto the front foot and swing your hitting hand forward.
6. Aim to make contact with the ball just above head-height.

2. Learners need to practise this shot in their pairs by hitting the ball to each other as outlined in the demonstration.

### Activity 4: The dig-shot (5 minutes)

1. Demonstrate the dig-shot drill to the learners, explaining the various body movements associated with this shot as described below:

1. Put your two hands together with one set of fingers lying on top of the other set of fingers, palms facing upwards. Place your two thumbs together.
2. Move into position as the ball approaches, moving forwards to a short ball and backwards to a ball that is about head height.
3. Make contact with the ball with your forearms just above the wrists and bend your legs to absorb some of the impact.
4. Straighten your legs to move the ball in an upward position and follow through with your arms to approximately chest height.

2. Learners need to practise this shot in their pairs by hitting the ball to each other as outlined in the demonstration.

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### Activity 5: The set shot (5 minutes)

1. Demonstrate the set-shot drill to the learners, explaining the various body movements associated with this shot as described below:

1. This shot should only be attempted for a ball that approaches you above head-height.
2. Move to where you anticipate the ball will land.
3. Put one leg in front of the other and bend both knees.
4. Hold your hands above your head and form a triangle with your hands: your thumbs form the base of the triangle and your outstretched fingers form the sides.
5. Bend your elbows.
6. Make contact with the ball in front of your eyes and push it away from you in an upwards motion with your fingers.
7. Straighten your arms and legs and flick your wrist to give power to the ball as it moves away from you.

2. Learners need to practise this shot in their pairs by hitting the ball to each other as outlined in the demonstration.

### Activity 6: Volleyball rally (15 minutes)

1. Divide the class into groups of about 6 learners.
2. Provide each group with a ball and tell them to hit it to one another.
3. The aim of the exercise is to keep the ball in the air for as many shots as possible, and to use the full range of shots practised in the lesson.
4. For the purpose of this exercise, the learners may hit the ball twice in a row to keep the rally going.

### Activity 7: Cool-down (10 minutes)

Plan a cool-down exercise based on the cool-down and stretching exercises found on page 8.

### 4 Assessment

- Complete the 'Learner assessment' according to the mark allocation in the table below ('Checklist for evaluation')
- Mark off participation in lesson on the class list and complete the 'Checklist for evaluation'.

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### Lesson 3: Checklist for evaluation

Activity	Question	Yes	No
The underarm serve	<ul style="list-style-type: none"> <li>Are learners able to accurately pass the ball to a partner using the underarm serve?</li> </ul>		
The overarm serve	<ul style="list-style-type: none"> <li>Are learners able to accurately pass the ball to a partner using the overarm serve?</li> </ul>		
The dig shot	<ul style="list-style-type: none"> <li>Are learners able to accurately pass the ball to a partner using the dig shot?</li> </ul>		
The set shot	<ul style="list-style-type: none"> <li>Are learners able to accurately pass the ball to a partner using the set shot?</li> </ul>		
Volleyball rally	<ul style="list-style-type: none"> <li>Are learners able to keep the ball in the air for as many shots as possible using the full range of shots practised in the lesson?</li> </ul>		
Teacher reflection	<ul style="list-style-type: none"> <li>Do you think the learners enjoyed participating in the volleyball rally?</li> <li>Do you think the activities helped them develop important skills and improve their co-ordination and fitness levels?</li> </ul>		
	<ul style="list-style-type: none"> <li>If you had to repeat the lesson, what improvements would you make to it?</li> </ul>		
Learner assessment	<ul style="list-style-type: none"> <li>Exceptional level of skill – movements always produce the desired outcome (8 to 10 marks)</li> <li>Efficient, effective and appropriate – movements mostly produce the correct desired outcome (5 to 7 marks)</li> <li>Requires further attention and refinement – lapses in movements which do not always produce the desired outcome (3 to 4 marks)</li> <li>Very clumsy and/or ineffective – movements do not produce the desired outcome at all (0 to 2 marks).</li> </ul>		