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| ***Class: Elmwood*** |
| ***Lesson: Volleyball 3*** |
| ***Lesson Objective:***  ***Set*** |
| ***Resources:***    Volleyball, Net, Cones |

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| ***Warm Up:***  Get all children a volleyball aim is to push the ball in the air and keep it under control  **Coaching Points**:  Soft hands  Eyes focusing on the ball  Still head  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Get children in the set position legs spread apart hand up aim is to set other child up so they can spike it.  Get one team setting up and the team spiking see how many times they can set up with accuracy and how many times they can spike over the net.  **Coaching points:**  Side on  Hands together  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Warm Down*:**  Set and spike competition  **Coaching Points:**   * Support and develop the ideas children create.   ***Safety Points*:**   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |