



KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Volleyball. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Y7

Autumn 1
Volleyball

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

- 1 How many shots are your team allowed when in possession.
- 2 How do you score a point in Volleyball.
- 3 How many players are you allowed on each team?
- 4 What do you call it when you change positions in a game?
- 5 Name 2 types of shot in Volleyball?



KEY VOCAB

	Range	😊 😐 😞		Range	😊 😐 😞
Core skills	Serving: underarm		Advanced skills	Serving: tennis	
	Return of serve			Serving: float	
	Overhead techniques: volley				
	Overhead techniques: setting				
	Underhand techniques: dig			Overhead techniques: block	
	Movement to receive service				
				Underhand Techniques: emergency retrieve techniques	
				Net play	
				Back court play	
				Rebounding and anticipation	
		Footwork			
		Court positioning			

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Setting:

https://www.youtube.com/watch?v=h5mpBCRK_yk

Dig:

<https://www.youtube.com/watch?v=dW0xpvsInVU>

Serve:

<https://www.youtube.com/watch?v=NRV0rMeSOBI>

BROADEN YOUR KNOWLEDGE

