



## 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.

**Y8  
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. When does a team rotate?
2. A ball that hits the net on a serve and lands in on the opponents side is considered a ...
3. True or False? A serve can take place from anywhere along the backline.
4. How many points is a standard game played to?
5. Practice the drills from the video links below.

## KEY VOCAB

Core skills		Advanced skills	
Range	☹️ 😐 😊	Range	☹️ 😐 😊
Serving: underarm		Serving: tennis	
Return of serve			
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=6RvFE3OLChI>

Receiving:

<https://www.youtube.com/watch?v=OnhQrbW0nn0>

## BROADEN YOUR KNOWLEDGE

