



## 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.

Y9

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. To how many sets and points is an Olympic Volleyball match played.
2. Name 3 positions in a Volleyball team.
3. Name 3 key points to consider when Spiking a Volleyball.
4. Name 3 ways of scoring a point.
5. Practice your Setting against a Wall



## KEY VOCAB

Core skills	Range	😊 😐 😞	Advanced skills	Range	😊 😐 😞
	Serving: underarm			Serving: tennis	
	Return of serve			Serving: float	
	Overhead techniques: volley			Serving: jump-topspin	
	Overhead techniques: setting			Serving: jump-float	
	Underhand techniques: dig			Overhead techniques: block	
	Movement to receive service			Overhead techniques: spike	
				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

Spiking:

<https://www.youtube.com/watch?v=C76NSXZnkKs>

Serving:

<https://www.youtube.com/watch?v=1eJNznGYGbA>

## BROADEN YOUR KNOWLEDGE

