

Y7 Autumn 1 Volleyball

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.

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 Serving: tennis Serving: underarm Serving: float Return of serve Overhead techniques: vollev skills Overhead techniques: skills Overhead Underhand techniques: block techniques: dig 7 Movement to Ď receive service dvanc Underhand Core Techniques: emergency retrieve techniques Net play Back court play Rebounding and anticipation Footwork Court positioning





Setting:

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

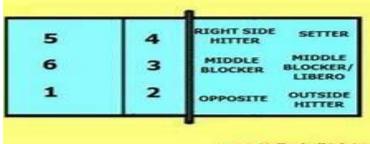
Dig:

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

Serve:

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

BROADEN YOUR KNOWLEDGE



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