



Y8 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

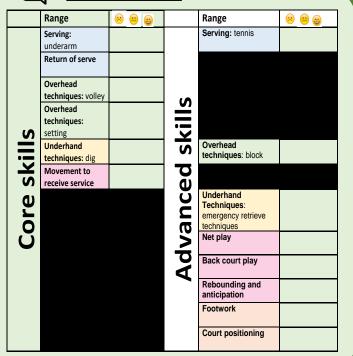
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

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

5 minute Challenge

- 1. 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







Setting:

https://www.youtube.com/watch?v=6RvFE3OLChI

Receiving:

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

BROADEN YOUR KNOWLEDGE

