

Y9 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

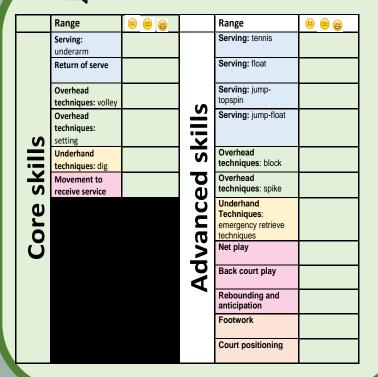
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

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

5 minute Challenge

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

KEY VOCAB







Spiking:

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

Serving:

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

BROADEN YOUR KNOWLEDGE

