

P.E.

Year 6 – Volleyball



About this Unit

Volleyball is a net and wall game played in teams of six. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Knowledge & Skills

Knowledge:

Shots: use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.

Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying: use different shots and consider placement depending on if the rally is cooperative or competitive.

Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

Skills:

I can select the appropriate action for the situation and make this decision quickly

I can use a wider range of skills with increasing control under pressure

I can use the rules of the game consistently to play honestly and fairly.

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these

Golden Threads

Motor competence – Manipulate objects

- set
- dig
- throw
- catch
- jump
- serve
- rally

Healthy participation

How will this unit help your body?

agility, balance, co-ordination and speed

Rules, strategies and & tactics

Winning a point:

The ball is not returned over the net within three hits. The receiving team lets the ball hit the ground. A player makes contact with the net. The returned ball lands outside the court area.

Attacking:

Look at where your opponents are and try to place the ball away from them. Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:

Recover quickly to a ready position after striking the ball. Spread out as a team to cover the most space possible.

YEAR 5

I understand there are different skills for different situations and I am beginning to use these.

I am developing a wider range of skills and I am beginning to use these under some pressure.

I understand the rules of the game and I can apply them honestly most of the time.

I understand the need for tactics and can identify when to use them in different situations.

YEAR 6

I can select the appropriate action for the situation and make this decision quickly

I can use a wider range of skills with increasing control under pressure

I can use the rules of the game consistently to play honestly and fairly.

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these

Key vocabulary

Dig: defensive shot used when the ball is low

Placement: intentionally playing the ball to a specific place on court

Recover: move back to a ready position after playing the ball

Serve: used to start a game

Set: used to place the ball high

Thrust: upward motion