

# Year 9 PE | Volleyball

## Key Question: What does it take to be an Olympic volleyball player?

**Topic Overview:** This term, students will explore the various skills required to successfully play volleyball and outwit an opponent. Students will experience conditioned practises as well as full game rules. Students will be able to select appropriate skills throughout the game in challenging circumstances.

### NC Reference:

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to: use a range of tactics and strategies to overcome opponents in direct competition through team games [for example, basketball, cricket, football, hockey, netball, rounders, rugby and volleyball] develop their technique and improve their performance in other competitive sports. They will individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best and take part in competitive sports and activities outside school through community links or sports clubs.

	Lesson Exploration	Knowledge & Skills Exploration	NC Link	Key Words
Week 1: Lesson 1	How does a volleyball player return a shot below the waist?	Students will experience use of the <u>dig</u> . They will practice in isolated practices in pairs, small groups and in a full game situation.		Anticipation Power Coordination Timing Tracking Rotation Serve Dig Set Smash
Week 2: Lesson 1	How does a volleyball player perform a <u>set</u> <u>shot</u> above the head?	Students will experience use of the set. They will practice in pairs and then in groups.		
Week 3: Lesson 1	How does a volleyball player return a shot above the head to win a point?	Students will experience the use of the <u>spike</u> in isolated practices. They will implement the spike in a variety of competitive situations.		

<b>Week 4: Lesson 1</b>	<b>How does a volleyball player use the <u>serve</u> to gain an advantage?</b>	Students will experience use of the serve. They will practice in isolated practices, small groups and in a full game situation.		
<b>Week 5: Lesson 1</b>	<b>How does a volleyball player <u>block</u> the ball to defend successfully?</b>	Students will experience ways to defend shots from their opponent. They will practice this in small sided, competitive situations.		
<b>Week 6: Lesson 1</b>	<b>What does it take to be an Olympic volleyball player?</b>	Students will experience full matches, applying all the skills and tactics from previous lessons and will be assessed in these.		

<b>Literacy Links</b>	<b>Numeracy Links</b>
<p>PE requires students to have an understanding of basic terminology, given to them through keywords, delivered through our PE sessions.</p> <p>Students who are injured or without a kit require basic reading and writing skills to be able to engage in the lesson through the theory worksheets provided.</p>	<p>PE requires students to have an understanding of basic maths to be able to keep score and calculate numbers for teams</p>