

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 9 Volleyball

Intent – Rationale

Students will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Students will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Students should be able to accurately score and officiate a game.

Sequencing – what prior learning does this topic build upon?	Sequencing – what subsequent learning does this topic feed into?
developed an understanding of simple net/wall game tactics developed a range of ground and overhead shots used criteria to identify key aspects of tactical play and technique understood and identified specialist positions in net/wall games umpired mini-versions of the recognised game	<ul style="list-style-type: none"> GCSE Volleyball
What are the links with other subjects in the curriculum?	What are the links to SMSC, British Values and Careers?
<ul style="list-style-type: none"> Literacy (key words), Math's (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences) 	<ul style="list-style-type: none"> BV2 BV4 SO M
What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?	What are the opportunities for developing mathematical skills?
<ul style="list-style-type: none"> Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links 	<ul style="list-style-type: none"> Math's (scoring)

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 9 Volleyball

Intent – Concepts

What knowledge will students gain and what skills will they develop as a consequence of this topic?

Know

Can select and accurately replicate a very good range of skills to outwit an opponent. Control of the ball is consistent and shots are performed fairly quickly in response to opposition pressure. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their shot selection. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.

Apply

Good shot selection and shows accurate replication within game situations. Can effectively use ball positioning to outwits opponents. Can recognise & change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills have been used and suggest ways to improve further. Will understand how different types of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

Extend

Can use and replicate an excellent range of shots to outwit an opponent. Use of shot execution is excellent showing an obvious influence the game. An advanced level of skills/shot selection and consistent technique even under pressure. Is able to demonstrate a very good level of tactical awareness and can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance. Can plan their own exercise and activity programme to suit their specific needs and carry it out.

What subject specific language will be used and developed in this topic?

What opportunities are available for assessing the progress of students?

KESTEVEN AND SLEAFORD HIGH SCHOOL

<p>Language for learning Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:</p> <ul style="list-style-type: none"> • tactics and techniques, <i>eg court positioning, angles, smash, overhead, dig, set, volley, block, staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</i> 	<ul style="list-style-type: none"> • Formative and summative assessment • Peer assessment
---	---

Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Volley/Set	To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball.	To begin to outwit opponents with the movement of the ball.	Warm up – Student led. 3’s; start sat down. Explore ways to keep ball alive. 1 touch each. Can’t touch it twice in a row. Competition. How many in minute. Teaching points; use finger tips, don’t catch ball. Discuss difficulties sat down. Stand up-Squat position + bend knees, Elbow’s out. 1-1 practice volley – feed and volley. 3’s competition, keep ball up for 1 minute. 4 vs 4 small sided games. Basic rules & scoring of V’ball over net –3 touches – King of the court.
Dig	To perform and replicate the dig technique with control and	To be able to accurately replicate a variety of shots in a small sided	Warm up – Student led pulse raiser. Pairs- Recap volley technique in a 2 min keepy uppy

KESTEVEN AND SLEAFORD HIGH SCHOOL

	accuracy. To develop the skill of outwitting an opponent using a combination of shots.	game implementing basic strategies and tactics. To understand the scoring and rotation system during a volleyball game.	rally. Intro dig. Watch professionals in video clip. Dig used when ball is low- recovery. Set is high- attack preparation. Teaching points; Squat position, Palms together, Feet shoulder width apart. 1-1 free practice. In 3's; feed-volley-dig – rotate (use net). 4v4 small sided games – have to use all three touches before returning the ball. No punching ball. Score to 21. 5 minute games. King of the court-winners up, losers down.
Serves	To accurately replicate serving technique. To be able to outwit opponents using the serve with control & accuracy. To understand the importance of movement and ball placement in order to win points.	To begin to develop strategic and tactical play during a rally. To confidently score & officiate a full game.	Warm up – Student led pulse raiser. Pairs- Recap volley & dig technique in a 2 min keepy uppy rally. Competition- no of consecutive shots. Intro rules of serve & technique. 3's –Serve trying to hit cone/target. Serve, dig and volley drill. Teaching points; underarm or overhead, aim for gaps in opposition half, side on, and eye on ball. 4v4 small sided games. Recap rules & scoring. King of the court-winners up, losers down.
Spike	To be able to accurately replicate the spike technique. To understand the importance of	To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand	Warm up– Pairs-recap prior learning in a 2 min rally. Discuss power & vertical jump ability and

KESTEVEN AND SLEAFORD HIGH SCHOOL

	<p>movement and preparation for a smash shot.</p>	<p>how to adjust shot selection to enable the outwitting of opponents.</p>	<p>the importance to volleyball. All pupils to record vertical high jump score. Watch video clip of volleyball rallies –focus on spike. 4’s -Perform serve, dig, volley and spike sequence. Link to blocking technique. Teaching points; Take above head height, aim with non striking hand, attack ball near net, angle/aim for the ground. 5 vs 5 small games. Recap rules, rotation & scoring. King of the court-winners up, losers down.</p>
<p>Tactics/Outwitting opposition</p>	<p>To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses.</p>	<p>To understand how peers may improve quality of shot replication. To be able to assess & evaluate own performance and weaknesses.</p>	<p>Warm up – Student led. Watch game clip - Brainstorm possible volleyball tactics- use of 3 shots? angles and ball direction? What are attacking and defensive type shots. 3vs3 to experiment with tactical ideas. Feedback to group. Teaching points; 6 players & full rotation. Roles and responsibilities at each point. 6v6 games. Recap rules & scoring. 3 touches, cant touch net. Score to 21. King of the court-winners up, losers down.</p>
<p>Assessment</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate</p>	<p>To demonstrate a variety of tactics based on the movements of others and the ball.</p>	<p>Warm up in 4’s– Recap prior learning in a 3 min rally. Highlight assessment criteria.</p>

KESTEVEN AND SLEAFORD HIGH SCHOOL

	skills and techniques. To develop knowledge and understanding of the rules in volleyball.		Play and perform a range of shots in 2vs2 small grid game. Use the correct technique and show ability to outwit opposition. 6 vs 6 full game. Tournament to allow all pupils to progress to max level with differentiated leagues. Pupils organise a full size tournament, officiate, and score matches. Teacher grades against learning pathways
--	---	--	---