

Physical Education → Volleyball KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
Serving Return of serve Volley Dig Spike Block Net play Back court play Footwork Court positioning	Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength Flexibility	Core skills Advanced skills Key positions Rotations Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance	Serve Scoring Hits Rotation Violations Positions
Teaching Focus		Literacy	
<u>Year 7</u> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents 		Rules Regulations Tactics Spatial awareness Analysis Positions Setting Attack Defence Formations	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis of own performance** against practical criteria

Disguising
 Switching
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Isolation
 Conditioned
 Outwitting opponents
 Accuracy

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis of own performance and the performance of others** against practical criteria

Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure .
- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.volleyballengland.org
[GCSE PE OCR NEA Grading Criteria - Volleyball](#)

School Club Links

Liverpool Volleyball Club