



Get Set 4
Education

Knowledge Organiser: Volleyball Year 5 and Year 6

Links to the PE National Curriculum



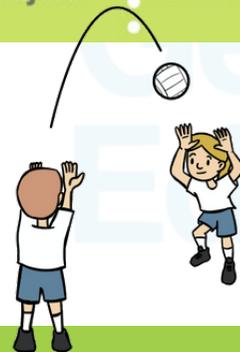
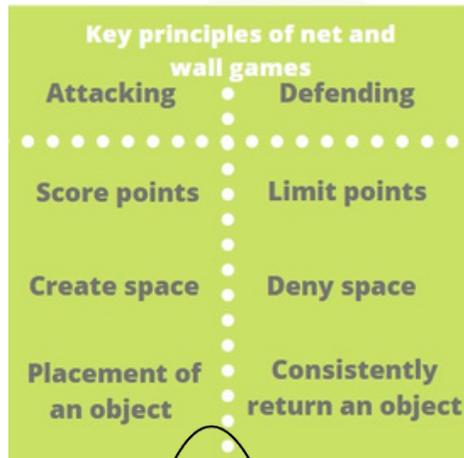
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Ready
- position Serve
- Volley
- Set
- Dig

Key Skills: S.E.T

- Social: Communication
- Social: Respect
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development



A rally is won when:

- 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 ball lands outside the court area.
- A player touches the ball twice in a row.

Rotation and scoring:

- One team starts with service and the pupil who is at the back on the right starts with the serve.
- That pupil continues to serve for their team until they lose a rally.
- If the non-serving team wins the rally, they win the right to serve but not the point.
- Players rotate clockwise after winning the right to serve

Key Vocabulary:

- **control**
- **return**
- **co-operatively**
- **deep**
- **serve**
- **dig**
- **defensive**
- **ready position**
- **consistently**
- **volley**
- **set**
- **opponent**
- **attack**

Teacher Glossary

Attack: The offensive action of hitting the ball.

Baseline: The line indicating the back of the court.

Deep: Refers to sending the ball away from the net, toward the baseline of the opponent's court.

Serve: An action to put the ball into play.

Ready position: The stance a player takes to get ready to move. Feet shoulder width apart, knees bent.

Dig: A defensive move used to keep the ball from hitting the floor after an opponent makes a hard downward hit.

Volley: A return of the ball before it touches the ground.

Set: An overhead contact of the ball, usually the second contact in a rally.