

Scheme of Work	Volleyball								
Objectives	To be able to use the volley and the dig more effectively in small-sided games and start to outwit opponents when attacking. They should be able to use the over arm serve to begin rallies and understand the rules governing the serve and contact of the net. Students should be able to use the spike to return the ball into the opponent's court, and be able to block weak spiking attempts. Students should understand the usual series of 3 shots and should be able to umpire a small-sided competitive game. Also, the students are to be constantly asked and tested on their knowledge and understanding of how to outwit opponents; evaluate performances; analyse strengths and weaknesses; whilst developing, adapting and refining skills, strategies and tactics to produce high levels of performances and high quality techniques.								
Previous Skills	Students are able to use different parts of the body to contact and keep the ball in the air. Students can perform the basic tip, set and dig technique and are able to apply these to small-sided competitive games and use them to begin an attack. Rallies are started with a basic underarm serve and students understand rules regarding the scoring of points, rotation of court positions and catching/volleying the ball. Students also know by name the different areas and lines on court and understand the importance of warming up and stretching at the start of the session.								
Year	Description	Term	Start date	End Date	Lesson Time (s)	Duration	Period	Number of Pupils	Ability
8									
Scheme of Work	Volleyball								
Phase	Objective	Activities			Testing / Competition				
Volley (intermediate)	To be able to confidently perform with accuracy, a technically correct volley accurately along the net. To be able to move to the ball and accurately replicate and perform an accurate volley. To be able to use the volley in a small-sided game, to set the ball along the net ready for a team mate to send over to the opponent's court To use strength, speed and accuracy in the volleys To be able to analyse performances, identifying strengths and weakness in performances, components, strategies, tactics and competence of the volleys	Pairs continuous volley practice. Link in digs to rally. Volley, Volley, Dig Volley, Volley, Dig Accurately replicate and perform volley / set on the move. Face partner and set. When set. The partner catches the ball moves back two spaces whilst setter moves forward two steps also High feed placed wide by feeder, move and volley return to feeder. High feed from rear of court to setter standing by the post at the net. The setter volleys the ball across court, parallel to and slightly above the net where the ball is tipped over.			How many consecutive sets / volleys over a net in 2 minutes 4 v 4 game. Pupils can use as many touches as possible - 2 people must officiate at all times				
	Assessment	Theoretical PE			Resilience				
	<ul style="list-style-type: none"> 🗣️ Use the volley evaluation sheets to work together to analyse the strengths and weaknesses in the shot. 📝 Assess why the volley was successful or not successful 🗣️ Ask students in pairs for feedback regarding their Volleying performances 📝 Gauge what skills need to improve when volleying 🗣️ Judge the Volleying mistakes made in the drill 📝 Evaluate the volleys used against their opponents 	Students review the names of the arteries and veins which roles are the transportation of blood into/from the heart; vena cava, pulmonary artery, pulmonary veins, aorta. Students review the structure of the heart i.e. atria and ventricles. Students are introduced to the cardiac cycle; students must understand the order of the cardiac cycle; Deoxygenated blood into the right atrium from the vena cava, into the right ventricle through the tricuspid valve, the blood is then moved through to the pulmonary artery via the pulmonary valve to the lungs which oxygenates the blood (gas exchange), pulmonary veins bring the newly oxygenated blood back to the left atrium, into the left ventricle through the mitral valve, blood is ejected through the aortic valve to the aorta which transports the blood to the rest of the body, students should also understand that the filling of a chamber in the heart is diastole and the ejection of blood from a chamber is systole.			Students accept their own responsibility to the learning Students strive to be the best What are their aspirations in Volleyball Being able to accept losing and defeat				
Maths	Finding the next term								
English	Vocabulary, terminology and expressions								
Science	Hand washing and infection								
Equipment	Volleyballs (Pink), Nets and strip of elastic to go between courts, Markers, pen, paper, whiteboard, whistle, stopwatch								