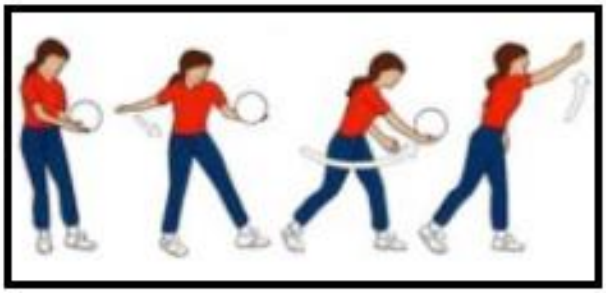
World's End Junior School Knowledge Organiser
Year 5 - Net and Wall (Volleyball)

In this unit, the focus is to learn and perfect the skills of volley ball and understand the rules. Children will then be able to play competitive games using tactics to try and win.

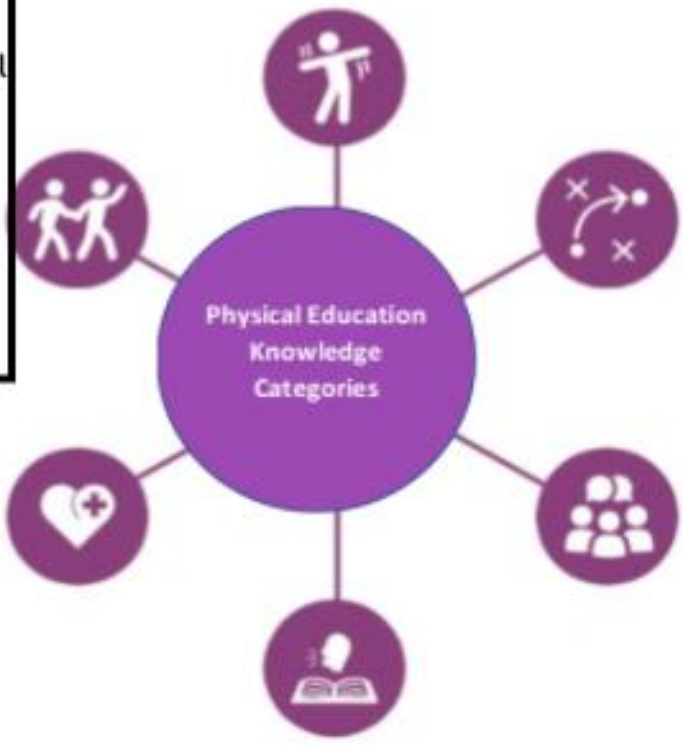
Serve



Spike technique

Movement
- To hit the ball with purpose and accuracy varying the speed, height and direction.
- Learn the skills of the volley, drop shot and the dig.

Leadership
- I can sometimes lead small group activities.
- I can direct my partner.
- I am increasingly able to give constructive feedback.
- I can manage time and the space around me.



Tactics and Strategies
- Use tactics to try and win a game.
- I usually now where to position myself on a court.
- I can sometimes aim the ball to a place on the court where my opponant is not to gain points.

Healthy lifestye
- At least 30 minutes of continuous movement to increase cardiovascular strength.

Personal and Social
- Work with a team to create mini games.
- Use constructive feedback to improve my performance.
- Give feedback in a constructive manner.

Vocabulary
Rally, serve, court, slam, dig, spike, volley shot.

A Brief overview of how to play volleyball

- An official volleyball court is 18m x 9m
- The server stands at the back of the court and can serve either over- or under-arm into the opponent's side of the court
- The opposing team is allowed a maximum of three touches on their side of the court before they must send the ball back over the net
- The player cannot touch the ball twice in two consecutive touches but could on the first and third contact.
- The ball must be hit - not caught
- Whichever team wins the point then goes on to serve
- Every time your team wins the serve from the other team your players rotate their position on court – clockwise so that everyone gets a chance to serve

Professional Volleyball

The National Volleyball League:
75 Women's teams and **60** Men's teams compete across **15** divisions.