



Topic: PE – Volleyball

Year: 8

NC Strand: analysing performance' and 'competitive sports.'

What should I already know?

This is a new sporting activity in the year 8 curriculum.

Pupils may know the basic concept of the game by playing recreational Volleyball either at the park or on the beach.

Pupils may already know some of the different shots that can be played.

Pupils may know how many touches my team are allowed before the ball must be hit back over the net.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

I will know how to Dig a ball when it comes over the net.

I will know how to set the ball for my partner or team.

I will know how to spike the ball down over the net to win the point.

I will know the rules of Volleyball.

I should be able to play a competitive game play situation.

I will know the correct hand positions to conduct the Dig, Set and Spike.

I will know how the scoring system works in Volleyball.



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Vocabulary

Ace	A serve that is not passable and results immediately in a point.
Block	A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court .
Dig	Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.
Hit	To jump and strike the ball with an overhand, forceful shot.
Serve	A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.
Set	The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.
Spike	Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.
Joust	When 2 opposing players are simultaneously attempting to play a ball above the net.
Key	To predict a team's next play by observation of patterns or habits.
Forearm pass	Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

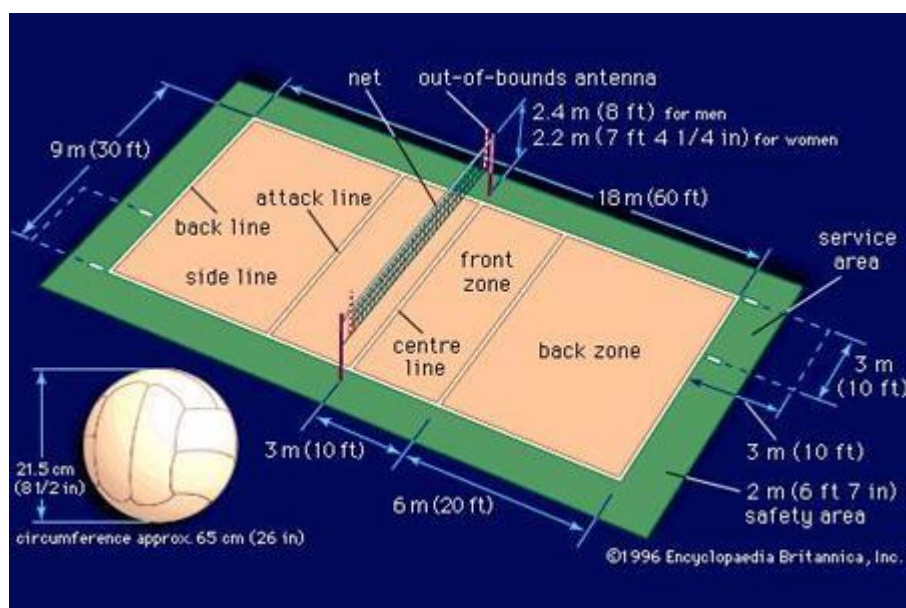


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Dimensions of a Volleyball court and positions



The court is of a rectangular shape and measures 18m x 9m. Running across the court is a 2.43m high net with the ball measuring 8 inches in diameter and weighing between 9 and 10 ounces.

Around the outlines of the court is an out of bounds area and if the ball were to bounce in these sections then a point would be awarded to the opposing team.

Rules of Volleyball

- Each team consist of 6 players and 6 substitutes. Players can be substituted at any time but if they are to return can only be swapped for the player that replaced them.
- Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- Games are played up to 25 points and must be won by 2 clear points.
- Violations will be called for the following:
 - o Stepping over the base line when serving the ball.

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- o Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
- o Players are not allowed to carry, palm or run with the ball.
- o Players must not touch the net with any part of the body. If the net is said to have hit them rather than vice-versa, then this is ok.
- o The ball cannot travel under the net.
- o Players cannot reach over the net and hit the ball.
- o Each team gets up to two timeouts per set of 30 seconds each. After each set the amount of timeouts resets back to two regardless of how many have been used previously.

Scoring

To score a point the ball must hit the ground within the outlined section in your opponents half. You can also score a point by your opponent failing to hit the outlined section within your half or your opponent hitting the ball into the net. A point can be scored off either teams serve.

A player serving must do so from behind the base line and can use either an over or underarm action and hit with only the hand. Once the serve has been made the server can join their team in-play and battle out the point.

Each team is allowed to hit the ball three times before the ball must be returned. A player is not allowed to hit the ball twice in succession. If the ball hits the boundary line then the ball is deemed to be in-play. The defensive team can jump and try to block the ball returning to their side of the court. If a block attempt is made and the ball bounces in their opponents half then a point is awarded. If after the block the ball bounces out then a point is awarded to the opposing team.

Each game is played to 25 points and must be two points clear. If the scores reach 24-24 then the game is played until one team leads by two.



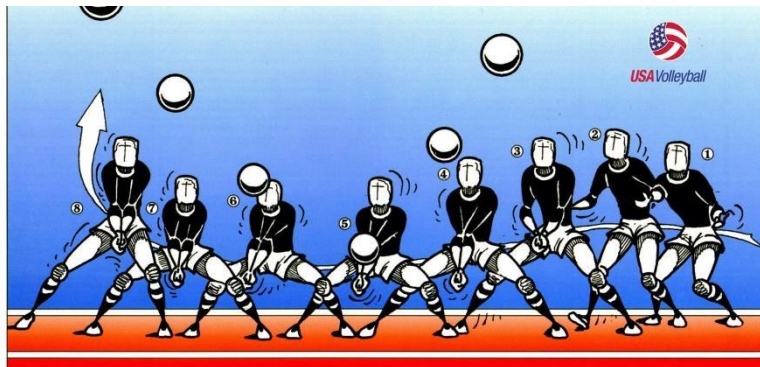
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Teacher Led drills

DIG



SPIKE





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SET

