

About this Unit

Volleyball is a net and wall game. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball was invented by William G. Morgan in 1895, and took inspiration from other sports such as badminton and tennis, but it did not become an Olympic sport until 1964.

A single player may jump as many as 300 times in a volleyball match. The record for most consecutive passes in volleyball is 110, achieved in the United States, on February 5, 2010.



Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?

Key Vocabulary

co-operatively: working with others on a set outcome or task

communicate: share information

cushion: take the power out of an object

dig: defensive shot used when the ball is low

opposition: the team or person you are playing against

serve: used to start a game

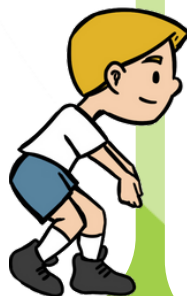
set: used to place the ball high

situation: the specific challenge or task presented in the game

sportsmanship: play fairly, respect others and be gracious in victory and defeat

tactics: a plan that helps you to attack or defend

volley: to play the ball before it bounces



Ladder Knowledge



Shots:

Year 5: use a dig if the ball is low and a set if the ball is high.

Serving:

Year 5: use a serve to start a game or rally.

Rallying:

Year 5: using the correct shot will help you to keep a rally going.

Footwork:

Year 5: know that using small, quick steps will allow me to adjust my stance to play a shot.

Movement Skills

- throw
- catch
- jump
- serve
- set
- dig
- rally

This unit will also help you to develop other important skills.

Social communication, respect, support and encourage others

Emotional perseverance, honesty, determination

Thinking using tactics, select and apply skills, identify strengths and areas for development, reflection

Rules

Winning a point:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- The returned ball lands outside the court area.

Serving rules:

- One team starts with service and uses an underarm serve.
- Teams swap service every point.
- Players rotate who serves each time.

Tactics

Attacking:

- Look at where your opponents are and try to place the ball away from them.
- Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:

- Recover quickly to a ready position after striking the ball.
- Spread out as a team to cover the most space possible.

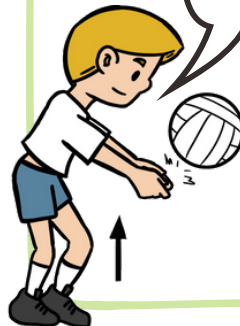


Healthy Participation



Make sure unused equipment is stored in a safe place

If you enjoy this unit why not see if there is a volleyball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Balloon volleyball



What you need: 1 balloon

People: 2 or more

Play: inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net.

- If the balloon hits the floor on your side, the other team win a point.
- If you hit the balloon and it doesn't go over the net, the other team get a point.
- Each side is allowed up to three touches on their own side of the net before the balloon must go over.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)