




PE - Knowledge Organiser

Year 6 – Spring 1 – Volleyball (Net and Wall)



Knowledge Organiser

Volleyball Year 6

Shots: Year 6: use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.

Serving: Year 6: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

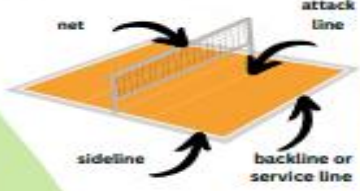
Rallying: Year 6: use different shots and consider placement depending on if the rally is co-operative or competitive.

Footwork: Year 6: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

About this Unit

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

Volleyball originated in America in 1895 and took inspiration from other sports such as badminton and tennis. Volleyball first appeared in the Olympics in 1964 and today is a popular sport which has various versions such as beach volleyball and sitting volleyball.



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

Net and Wall Games Key Principles	
attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Key Vocabulary

abide: act in accordance with the rules
appropriate: suitable approach
communicate: share information
create: to make space
cushion: take the power out of an object
dig: defensive shot used when the ball is low
direct: aim
extend: to make longer
non dominant: weaker hand
placement: intentionally playing the ball to a specific place on court
recover: move back to a ready position after playing the ball
serve: used to start a game
set: used to place the ball high
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
technique: the action used correctly
thrust: upward motion

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

Volleyball, Serving Up Skills

What you need: 1 ball, a line

Play outside

How to play: Start behind a line. Serve underneath over the line. If successful take a step back.

How far back can you go and still successfully serve?

Make the harder by adding an obstacle that the ball must go over e.g. a reading book or others.

How to serve: Hold the ball forward, facing your back. Lift from up, swing and hit the middle of the ball with the middle of your hand. Finish with your hand pointing where you want the ball to go.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. [@getset4education156](https://www.youtube.com/@getset4education156)