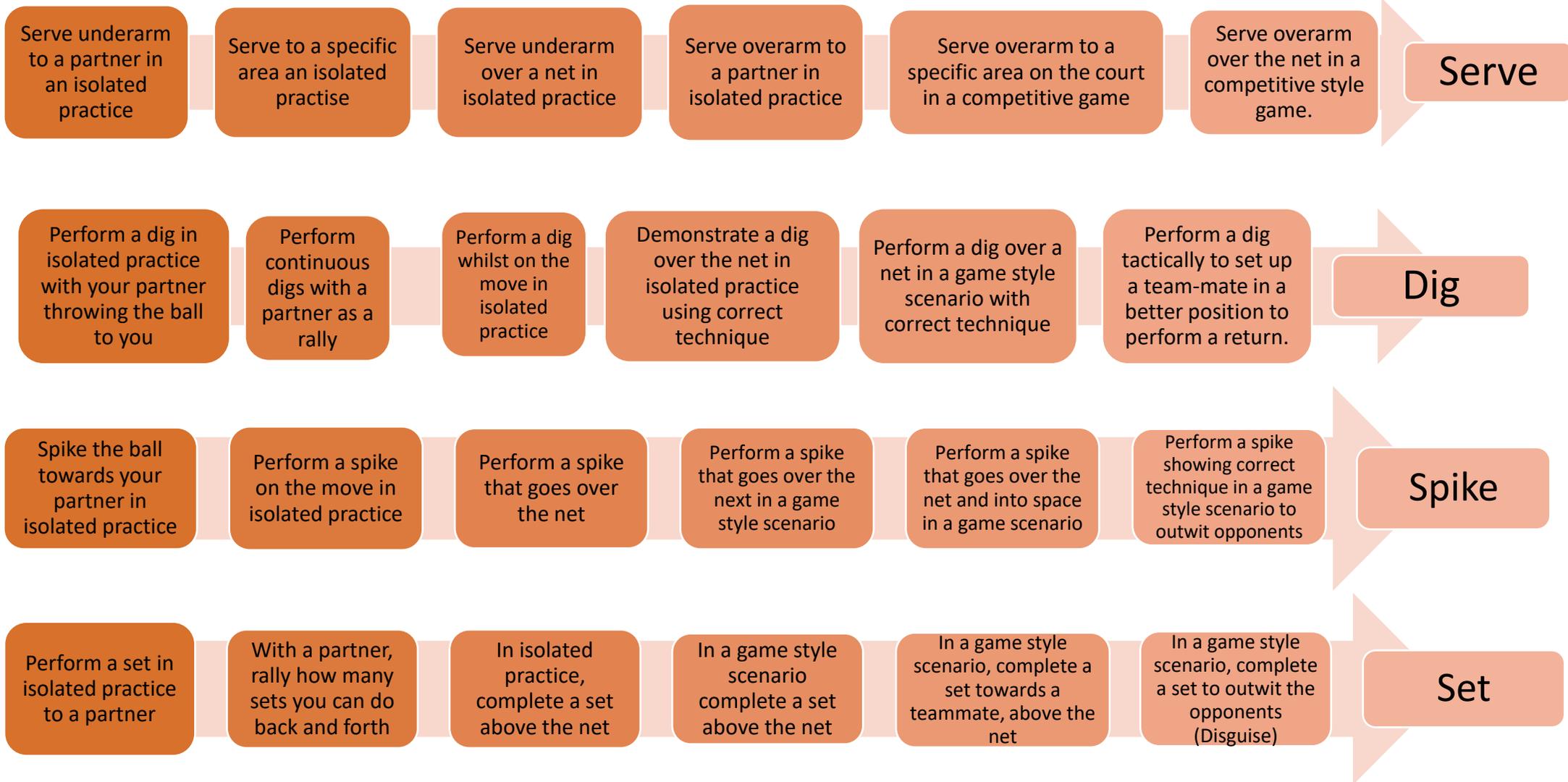


Volleyball

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).



Volleyball

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

<p><u>Serving</u></p> <ul style="list-style-type: none"> - What part of the hand do we use to serve? - What hand do we throw the ball up with? - How can we plan our run up? - Where should we aim our serve? 	<p><u>Spiking</u></p> <ul style="list-style-type: none"> - What is a spike? - How do we prepare to complete a spike? - At what point should we contact the ball? - Where should we aim our spike? 	<p><u>Dig</u></p> <ul style="list-style-type: none"> - What is a dig? - At what point should we complete a dig? - What part of our hands do we use to complete a dig? - Where should we aim our dig? - How can we generate more height on our dig? 	<p><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - When is the rally over? - What counts as ‘in’ and ‘out’? - How do you win a point? - What happens when a player plays the ball twice in a row? - How do you serve? - How many serves can you have before swapping server? - What happens if you touch the net? - Can the ball touch the net and go over?
<p><u>Attacking</u></p> <ul style="list-style-type: none"> - What can you do to support your team mate who has possession of the Volleyball? - How can we use space effectively when attacking? 	<p><u>Defending</u></p> <ul style="list-style-type: none"> - How quickly do you close your opponent down? - When do you slow down? - Where might you show/force the defender? 	<p><u>Set</u></p> <ul style="list-style-type: none"> - What is a set? - What part of the hand do we set the ball with? - Where do we need to aim the set? - What part of the body do we generate power from? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Set - Spike - Dig - Serve - Block - Tip - Defence - Attack