**Curriculum**

**Physical Education - Volleyball**

**Course Overview**

SPORT TYPE: Team, hand-eye, net

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

1) Develop ability to perform a variety of passes including volley, bump and service

2) Develop good movement techniques

3) Apply skills tactically in games to outplay opponents both individually & in a team

4) Develop understanding for laws & rules including scoring

5) Develop from 1v1 to 3v3 games

6) Develop an understanding of volleyball etiquette

**Performance Indicators**

1) Display body control & movement on court in anticipation of and preparation for executing passes

2) Display control & accuracy in a variety of passes, bump, volley, serve

3) Display use of the various passes tactically to out-manouevre opponents

4) Display ability to work cooperatively & show evidence of sportsmanship

5) Display ability to devise & carry out a suitable warm-up routine.

6) Display ability to score simple games

7) Display ability to participate in 3v3 games

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up related to volleyball including movement & stretching (PI 5)

Develop movement & footwork patterns relevant to volleyball (PI 1)

Develop bump & set pass initially in isolation& develop to pass selection in game situations (PI 2, 4)

Develop pass control & accuracy in pairs & progress to hitting ball to spaces in competitive games (PI 1,2,3, 4)

Introduce rotation rule & role of setter (PI 3, 4, 7)

Develop small court games to learn basic tactics, learn basic scoring rules & appropriate court markings (PI 2,3,6,7,)

Use games such as; longest rally, team lives, individual lives, 2 ball, pass & move to develop accuracy, 3v3 with theme of hitting ball to spaces (PI 1,2,3,4,6, 7).

**Resources**

Soft touch balls

Edwards teaching nets & weights

hoops / markers / targets/ cones