

YEAR 7 Physical Education

- Unit Outline - Volleyball



Course Description:

Students will learn and develop higher levels of skills in the sport of Volleyball. Students demonstrate these skills in the

Course Outcomes:

By the end of this unit students should be able to:

- **Have developed individual player skills**
- **Understand and interpret the rules of a Volleyball game**
- **Correctly execute a volleyball serve**
- **Be able to execute a pass, set, spike, block and dig**
- **Demonstrate communication and co-operation skills that enhance interpersonal and group interaction**

Course Organisation:

The organisation of the unit will be:

All lessons are practical sessions, with various rules and skills being incorporated into every lesson.

The focus is on developing the students' skills with the expectation they will transfer them into a competitive environment where higher levels of skill can be demonstrated.

Please note: Inclement weather, incursions, excursions and assemblies can all alter the schedule of this course.

Course Vocabulary:

Set, spike, pass, dig, volley,

Course Timeline:

Wk	Activity	Assessment
5	Specific Skill – Serving and Passing	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education.
6	Specific skill – The Dig and Block	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education.
7	Specific skill – The Spike and Set	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education.
8	Specific skill – The Spike and The Set	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education.
9	Game time	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education.
10	Game time	On-going Skill Development & Sportsmanship Using the Outcome & Standards Checklist in Physical Education

Assessment Outline -

Course Assessment:

Wk	Assessment type	Weighting	Marks achieved	Your Total
		%		
	Self- Management Skills	25%		
	Skills for Physical Activity	25%		