

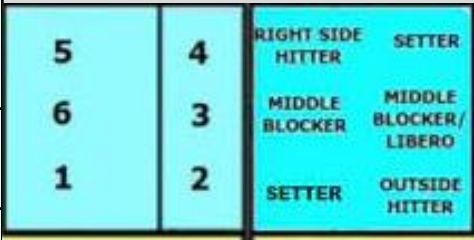


Year 6: Volleyball

Subject Specific Vocabulary		Important Information	Important Knowledge
spike	Hard force to push the ball towards the floor using an open palm.	 <p>A spike is normally performed with a jump.</p>	<input type="checkbox"/> I know the relationship between dodgeball and volleyball.
dig	Clasped hands in a fist shape, using a upwards motion to send the ball over a net.		<input type="checkbox"/> I can perform a dig, spike and set shot of volleyball.
set	Two hand under the ball pushing it up to start an attacking play.		<input type="checkbox"/> I know how to move my body to make sure I have precision.
overhand serve	Tossing the ball into the air, drawing the other arm back to strike the ball over the net to start a match.		<input type="checkbox"/> I can perform an underhand and overhand serve.
double hit	When one player strikes the ball twice.		<input type="checkbox"/> I can strike a moving ball over an obstacle.
formation	The place you and your team stand on the court.		<input type="checkbox"/> I know the rules and regulations of volleyball.
precision	Where the ball lands on the court.	<p>Volleyball is played with 6 players.</p> 	<input type="checkbox"/> I can independently play a game of volleyball.
coach	To help or instruct someone to do something.		<input type="checkbox"/> I know when to use attacking and defensive shots in volleyball.
endurance	How long your muscles last when performing exercise.		<input type="checkbox"/> I can perform a tactic during a game situation.
critique	Commenting on others actions for further improvement.		