



PE Knowledge Organiser

Year 5: Autumn Term

Volleyball



Key Knowledge and Skills:

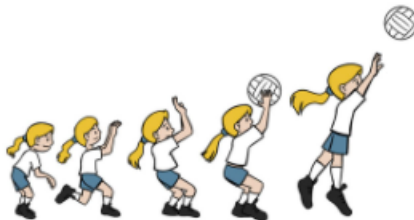
The fast catch volley:

- Move your feet to get underneath the ball.
- Cushion the ball with your hands by bending your elbows, catching momentarily.
- Push the ball straight back up extending your arms.



Volley the ball using a set shot:

- Hands are open, in the shape of the ball.
- Index fingers and thumbs form a triangle.
- The ball is cushioned by bending the elbows and then pushing the ball straight back, extending the arms.



Using the dig:

A dig is often used as the first shot after the ball has come over the net. It is used to prevent the ball from hitting the floor and is used when the ball is too low to volley.

- Place one hand on top of the other and close your grip bringing your thumbs and forearms together.
- Knees bent and shoulder width apart.
- Make contact with the ball using the forearms just above the wrists and drive upwards from your knees.



The underarm serve:

- Hold the ball in your non dominant hand slightly in front of your body at waist height.
- The ball can be hit with either a closed fist or open hand using the heel of the hand.
- Toss the ball up slightly.
- Swing your arm to hit under the ball.
- Use a straight arm.

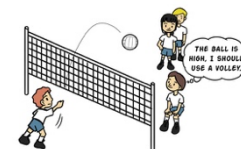


Key Vocabulary:

Vocabulary:	Definition:
Opponent	Someone playing on the other team to you.
Volley	Striking the ball before it hits the ground.
Dig	A shot used when the ball is low. Use your forearms to strike the ball.
Serve	Hitting the ball to start play.
Set shot	An attacking shot used during a game of volleyball.
Rally	Continuously passing the ball back and forth.

Remember:

- Playing the ball with any part of the body, including the feet, is allowed but kicking the ball is discouraged for safety reasons.
- If the ball is high, use a volley.
- If the ball is low, use a dig.



A rally is won when:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The ball lands outside the court area.
- A player touches the ball twice in a row.