

### EDSTART KNOW

- I can explain where to aim my shots or passes to make it difficult for the opposing team to return the ball.
- I can describe how hand-eye coordination helps me serve, set, and volley accurately.
- I can understand how to use different techniques, such as volleys, serves, and spikes, to outwit opponents and support my team.

### EDSTART GO

- I can aim my shots and passes accurately to keep the rally going and create space for my team.
- I can use good hand-eye coordination when serving, setting, or volleying the ball.
- I can apply a range of shot types and work effectively with teammates to attack and defend.

### EDSTART SHOW

- I can demonstrate control, teamwork, and communication when playing competitive volleyball.
- I can show tactical awareness by positioning myself effectively and making smart shot choices.
- I can play confidently, follow the rules, and show fairness and respect during all games.

## Key Vocabulary

**serve, dig, set,  
spike, rally,  
teamwork,  
coordination,  
timing**

## Role Models



**Karch Kiraly–  
American Olympic  
Champion (Indoor &  
Beach)**



**Zara Dampney -  
GB Beach Volleyball  
Player, London 2012  
Olympian**

## What do we know about Volleyball?

Invented in 1895 by William G. Morgan, volleyball was designed as a less intense alternative to basketball. It became an Olympic sport in 1964 and now includes beach and sitting variations. The sport values teamwork, agility, and tactical awareness — each player rotating through attack and defence roles. Volleyball is governed by the Fédération Internationale de Volleyball (FIVB) and Volleyball England. Modern analysis tools monitor serve velocity and jump height to optimise performance.

## In Year 5 we learnt

- to develop a range of techniques for sending, receiving, and returning the ball with control and accuracy to sustain a rally.
- to apply a variety of actions, including serving, setting, and volleying, using both dominant and non-dominant sides effectively during play.
- to serve or start play accurately, demonstrating control, consistency, and understanding of the basic rules and rotations of volleyball