

EDSTART KNOW

- I can explain how to send, receive, and return the ball to keep a rally going.
- I can describe how to use different volleyball techniques such as serving, setting, and volleying.
- I can understand the basic rules and rotations of volleyball and how to start play fairly.

EDSTART GO

- I can develop a range of techniques for sending, receiving, and returning the ball with control and accuracy.
- I can apply different actions, using both my dominant and non-dominant sides effectively during play.
- I can serve accurately and consistently, showing control and awareness of positioning on the court.

EDSTART SHOW

- I can maintain rallies with accuracy and control while working as part of a team.
- I can demonstrate communication, teamwork, and tactical awareness during competitive play.
- I can play confidently and fairly, showing respect, encouragement, and good sportsmanship throughout matches.

Key Vocabulary

serve, dig, set,

spike, rally,

teamwork,

timing,

coordination

Role Models



Misty May-Treanor –
Beach Volleyball
Player



Peter Bakare -
GB London 2012
Olympian

What do we know about Volleyball?

Volleyball is a dynamic team game that takes place on a court divided by a high net. Players work together to keep the ball in the air using their hands, arms and quick reflexes before sending it back over to the other team. It requires balance, timing and teamwork, as players rotate positions and support one another during rallies. Both indoor and beach versions are played worldwide, encouraging fitness, coordination and strong team spirit through exciting, fast-moving action.

In Year 4 we learnt

- to adopt a ready position suitable for the game and react quickly to the ball during competitive play.
- to move efficiently around the court to position themselves effectively for attacking or defending.
- to use a variety of throwing, catching, or striking techniques depending on the type of game and situation.