YEAR 7 VOLLEYBALL CYCLE SHEET

NAME: **CLASS** **TARGET GRADE:**

STUDENT: SBE BE E AE SAE **TEACHER:** SBE BE E AE SAE

ASSESSMENT OBJECTIVE-

Target grade	Criteria	CURRENT GRADE	Targets For Improvement	FINAL GRADE
8-9	I can serve the ball under arm showing good technique with precision, control and fluency		Area of your performance you would like to improve. 1. At the end of this unit, I would like to improve my… _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 2. At the end of this unit, I would also like to improve… _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	
	I can dig the ball with consistency in a match			
	I can volley/set the ball with consistency in a match			
	I can confidently apply the rules in a match			
	I can explain my(my peers') strengths and weaknesses and make some corrections			
6-7	I can serve the ball under arm showing basic technique with precision, control and fluency			
	I can dig the ball with some consistency in a match			
	I can volley/set the ball with some consistency in a match			
	I can apply the rules in a match when playing			
	I can describe my(my peers') strengths and weaknesses and make some corrections			
4-5	I can serve the ball under arm showing basic technique with little precision, control and fluency			
	I can dig the ball with some precision, control and fluency			
	I can volley/set the ball with some precision, control and fluency			
	I can apply some of the rules in a match			
	I can identify my(my peers') strengths and weaknesses			

6 WEEK PROGRAM
WEEK 1: Intro to volleyball
WEEK 2: Dig
WEEK 3: Volley
WEEK 4: Serve
WEEK 5: Rotation
WEEK 6: 6v6 match

KEYWORDS- Volley, serve, set, dig, block, smash, spike, net, court, overarm, rotation, sideways on, squared on

Careers- coach, PE teacher, professional athlete, referee/official, sports organiser, sport journalist, Sport analyst

End of cycle self-assessment- Write a review of your performance over the cycle. Discuss the 'WWW' and 'EBI'. Include examples and reasons for why these are 'WWW' and 'EBI'.

WWW:

EBI:

TEACHER COMMENT: