

## YEAR 8 Volleyball CYCLE SHEET

**NAME:**

**CLASS**

**TARGET GRADE:**

**STUDENT:** SBE BE E AE SAE

**TEACHER:** SBE BE E AE SAE

**ASSESSMENT OBJECTIVE-** Students will be assessed playing a 6v6 game at the end of the unit. The assessment will take in account all the skills learned over the 6 week programme.

Target grade	Criteria	CURRENT GRADE	Targets For Improvement	FINAL GRADE
8-9	I can serve the ball consistently with good technique with precision, control and fluency			
	I can dig the ball with consistency in a match with very good technique			
	I can volley/set the ball with consistency in a match with very good technique			
	I can confidently apply the rules in a match			
	I can evaluate my(my peers') strengths and weaknesses and make corrections to my/their performance			
6-7	I can serve the ball under arm showing good technique with precision, control and fluency			
	I can dig the ball with consistency in a match with good technique.			
	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			
4-5	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			

**6 WEEK PROGRAM**  
**WE EK 1: Overarm serve**  
**WEEK 2: Dig**  
**WEEK 3: Volley**  
**WEEK 4: Smash**  
**WEEK 5: Block**  
**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

