

National Curriculum Levels - Volleyball

| Points | Skills | In a game | Warm ups | Watching Others |
|----------------|--|--|---|---|
| 1 | I can attempt to play a dig or volley pass. I can occasionally serve the ball over the net from a modified area. | I can play a rally with a partner | I can copy/follow a volleyball warm up | I can watch others and sometimes say whether I am better than them or not. |
| 2 | I can occasionally play a dig or volley pass. I can occasionally serve the ball over the net. | I can anticipate the flight of the ball, move into space and make a shot. | I can follow a warm up and give one reason as to why we warm up | I can watch others and say whether I am better than them or not. |
| Y7 3 | I can sometimes play a dig or volley pass. I can sometimes serve the ball over the net. | I can play a basic game, know how to start and score. | I know why we need to warm up for volleyball and can follow a warm up | I can start to consider why another pupil is better than me or not. |
| Y8 4 | I can usually play the overhead play a volley or dig pass to my partner I can usually serve the ball over the net to my partner | I can play a basic game in which I can move the opponent around. I know the rules and scoring. | I can do a full warm up on my own for volleyball | I can say why another pupil is better than me or not and attempt to improve |
| Y9 5 | I can play a dig and volley pass. I can do a basic serve. I can do these most of the time. | I can play games and know how to use the weaknesses of an opponent to my advantage Pushing and pulling your partner around court. | I can lead a small group in a warm up and say what we do and why we are doing it | I can say why someone is better than me and understand what I need to do to improve and attempt it. |
| 6 | I can consistently play a dig and volley pass I can move my opponent around the court using deception. I can serve consistently with control accuracy and deception. | I can play within full sided games and have some idea of tactics and positions | I can lead a group in a warm up that is suitable for volleyball and say why we are doing it | I can listen to what others tell me about my volleyball and use it to improve myself |
| 7 | I can consistently and accurately play the full range of skills needed in the game. Including smashing, blocking, reverse setting and over arm serving (Advanced skills) | I can play a full sided game applying appropriate tactics strategies and positional awareness. (W+1 service reception & switching) | I can lead a warm up that is suitable to the volleyball session that the class is doing | I can use feedback to improve myself and help others to improve also |

| Year 7 | |
|--------|-------|
| 1 | 2-7 |
| 2 | 8-10 |
| 3 | 11-12 |
| 4 | 13-15 |
| 5 | 16-19 |
| 6 | 20-23 |
| 7 | 24+ |
| Year 8 | |
| 1 | 8-10 |
| 2 | 11-12 |
| 3 | 13-15 |
| 4 | 16-18 |
| 5 | 19-21 |
| 6 | 22-24 |
| 7 | 25+ |
| Year 9 | |
| 1 | 9-11 |
| 2 | 12-13 |
| 3 | 14-16 |
| 4 | 17-19 |
| 5 | 20-21 |
| 6 | 22-25 |
| 7 | 26+ |