

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+