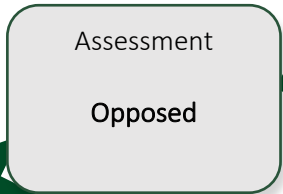
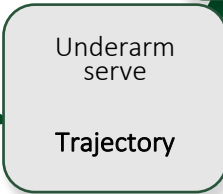




# LEARNING JOURNEY

# Volleyball

## F - A - C - T



This half term you will start off by focusing on the key shots used in Volleyball and then eventually developing them into a sequence of shots that set up a player to perform a spike/kill shot. You will also learn two different ways to serve in Volleyball and how to perform a defensive block against you opponent. All of this will develop an understanding of how to combat each skill and result in a full game of volleyball, with an understanding of the rules of the game.

**VOCABULARY**

Co-operatively, Co-ordination, Combination, Trajectory, Eliminate, Opposed, Sequential, Simultaneous, Cohesion, Composed, Deceive

**What will you include in your warm-up today?**

**What is the why behind your lesson today?**

