



# Indicative A response

## Volleyball

**Year 9**

**Health & Physical Education (HPE)**

## Section 1. Practical performance

Information for teachers:

### ***Application of specialised movements and tactics in volleyball games***

An “A” response should:

- consistently serve the ball in court, with the underarm technique, purposefully placing it deep, down the line or to an opposing player
- consistently keep the ball in play following receipt of the serve
- consistently and appropriately position and reposition self to defend space in response to the flight of the ball or movements of team members and opposing players
- consistently keep the ball in play during a rally, using the set and forearm pass appropriately to direct the ball over the net or to coordinate with a team member
- spike the ball into spaces on the opposing court with control and appropriate force.

### ***Application of teamwork***

An “A” response should:

- consistently and appropriately call “mine” for balls in own vicinity
- consistently back up team members
- set and forearm pass the ball up with control, on own side of court, to increase participation of own team members
- use a positive tone of voice to genuinely communicate praise and encourage peers.

## Section 2. Reflective report

### Report on my volleyball performance

#### Purpose

This report contains my reflections on how effective I was at applying the specialised movements, tactics and teamwork used in volleyball. It also has actions that I can take to further support my own and others' participation in this game.

#### Rating

Overall, I would rate my performance as adequate, and my satisfaction and enjoyment as average.

#### Specialised movements

I am aware that the specialised movements used in volleyball include the serve, forearm pass, set, spike and block.

I most commonly attempted to apply the serve, forearm pass and set. I avoided the spike and block as my timing on the ball is not very good. I would say that I had most control of the ball when I served. Sometimes I also did a forearm pass with control.

#### Tactical play

I am aware that volleyball players apply both attacking and defending tactics in game play. They use the spike and the dig, set, spike combination to attack space. They use the dig and a block to defend space.

I would say that I am not yet very good at applying tactics. I did try to be always in the "ready" position to defend the space around me but I was not always successful at defending it.

## Teamwork

Volleyball players call for the ball, back each other up, and praise and encourage each other.

I always wanted to call the ball when it was coming to me but was often too slow at doing that. I was also too slow at backing up. I usually clapped when good shots were made and encouraged teammates for their efforts when they missed the ball.

## Actions to take to support my participation

I need to take the following actions to support my further participation in this physical activity.

- i. I need to practise all the specialised movements so that I have a bigger range of skills to use in the game and can develop better control of the ball.
- ii. I need to develop my tactical play so that I can better attack and defend spaces on the court, and also work better with others. I should work on the dig, set, spike drill with others and think about placing my serve.

## Actions to support others' participation

I need to develop my teamwork skills of calling for the ball and backing up so that my team know which balls I am going to cover. I also need to encourage others so that they feel part of the team and good about their efforts.

If I do all of these actions I will have better control over the ball and be a better team player. I might even get greater satisfaction and enjoyment from playing this game.