



# Student booklet

## Volleyball

<b>Year 9</b>	<b>Health &amp; Physical Education (HPE)</b>
<b>Name</b>	

**Apply the specialised movements, tactics and teamwork used in volleyball and write a reflective report evaluating your performance.**

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**You will complete:**

- a practical performance
- a reflective report.

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**Due date:** .....

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## Section 1. Practical performance

In practical lessons, you will:

- explore and apply volleyball skills and concepts in small-group drills and minor games
- demonstrate teamwork in a way that supports the participation of others — participation will be with and against classmates of various abilities so you are to apply codes of behaviour that are fair and supportive of the ongoing participation of all players
- receive and be expected to respond to feedback from your teacher
- apply your volleyball skills and teamwork to game play.

Note: You may use practice volleyballs (e.g. foam) rather than match balls.

### ***Volleyball movements, tactics and teamwork***

#### Specialised movements

- serving (underarm, overarm) deep
- setting
- forearm passing or digging
- spiking
- the drop shot
- positioning “ready” and repositioning
- moving in anticipation

#### Tactics

- attacking space (e.g. using the dig, set, spike or drop shot)
- defending space (e.g. using the block or dig)

#### Teamwork

- positive, respectful and inclusive interpersonal skills (e.g. praising and encouraging) and strategies (e.g. calling for ball)
- support play (backing up)
- setting up for attack (e.g. coordinating with others to dig, set, spike)
- preparing to defend (e.g. being in a ready position to dig, or coordinating with others to block)

## Section 2. Reflective report

Prepare a report containing your reflections on how effective you were at applying the specialised movements, tactics and teamwork used in volleyball.

Your report should include:

- a brief statement summarising the purpose of the report
- your ratings of your performance, satisfaction and enjoyment
- comments to justify your performance rating
- conclusions about what actions you could take to further support your own and others' participation in in-class volleyball games.

**Length:** 400–600 words

**Structure:** Your report should include an introduction, body and conclusion. Use the steps, sub-headings and other hints in the resource sheet, “Guide to writing the reflective report” (attached) to assist you.

## Resource sheet

### Guide to writing the reflective report

#### Introduction

**Step 1** Write one or two sentences about the purpose of the report.

**Step 2** Write one sentence, as an “I” statement, about your rating of your performance.

Review your reflective learning journal and use the *Guide to making judgments* to reflect on how effectively you believe you applied the specialised movements, tactics and teamwork used in volleyball.

You may use a word from the continuum below to describe how you would rate your overall performance.



**Step 3** Reflect on your level of personal satisfaction with your performances and the amount of enjoyment you derived from participating in class games to rate your overall satisfaction and enjoyment.

You may use words from the continua below to describe your overall satisfaction and enjoyment.



## Body

**Step 4** Comment on how well you applied the specialised movements, tactics and teamwork of volleyball during in-class game play to justify your performance rating. Use the sub-headings and questions below to guide you.

**Specialised movements:** (write 1–2 paragraphs)

- What specialised movements of volleyball are you aware of?
- Which of these specialised movements did you use in our class games?
- How effective were you at performing those specialised movements? Why do you say that?
- Which specialised movements did you avoid using in our in-class games? Why?

**Tactical play:** (write 1–2 paragraphs)

- What volleyball tactics are you aware of?
- How tactically effective were you in our class games?
- What tactics did you apply or avoid? Why do you say that?

**Teamwork:** (write at least 1–2 paragraphs)

- What volleyball teamwork skills are you aware of?
- What teamwork skills did you try to apply?
- How effective would you say you were at applying these?
- What teamwork skills did you avoid applying? Why?

## Conclusions

**Step 5** Write about your actions to support participation.

Reflect on your comments under the previous sub-headings to draw conclusions as to the actions you could take to further support your own participation in class volleyball games. Try to write actions related to specialised movements, tactics and teamwork.

How could teamwork action/s support others participation in class volleyball games?