Physical Performance: Volleyball

Transcript of video commentary

This video is available for viewing at www.qsa.qld.edu.au/27405.html

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A-standard students in the following authentic performance environments are consistently and successfully reproducing a wide range of physical responses. In the 5-versus-5 and 6-versus-6 environments, the students are demonstrating fluent and accurate skills, including the dig, set, spike, block and serve, as well as sophisticated strategies in attack and defence using a back-court setter system. They demonstrate a comprehensive understanding of the volleyball rules such as service line, net touches, formation and scoring through their physical responses and communication on court.

Across all performance environments, evidence of the students consistently and successfully applying a wide range of volleyball skills, rules and sophisticated strategies is demonstrated. The students use their skills and comprehensive understandings to consistently and effectively initiate change to court positioning and own performance, as well as modify their personal and team strategies to solve problems in attack and defence. For example, making decisions to use middle- or back-court hitter, double or triple blocks and various serves. The students’ ability to consistently demonstrate discerning reflection allows them to make decisions which enhance their own physical responses and the team’s outcomes.

The 4-versus-4, 3-versus-3 and 2-versus-2 environments are also authentic as they match the characteristics of indirect interceptive activities. These environments provide opportunity for students to acquire, apply and evaluate volleyball physical responses and strategies.