



Volleyball

learnlink™

About the activity

Your pupils can enjoy this team game with simple rules at PGL, where it's played in the sunshine on our outdoor courts.

Activity aims

The aim of this activity is to:

- Introduce the game of volleyball and the necessary equipment.
- Allow each participant to experience volleyball.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Improve the quality and consistency of relevant techniques.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated some basic skills required to play volleyball safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety	e.g. hazard, risk assessment, safety area.
Words relevant to equipment	e.g. ball, net, sidelines.
Words relevant to the activity	e.g. spike, pass, set, serve, run, positioning.
Words relevant to teamwork	e.g. achievement, communication, encouragement, listening, participation, review, support.