

Grade 8

Health and
Physical
Education

Unit 3



3. Let us play volleyball

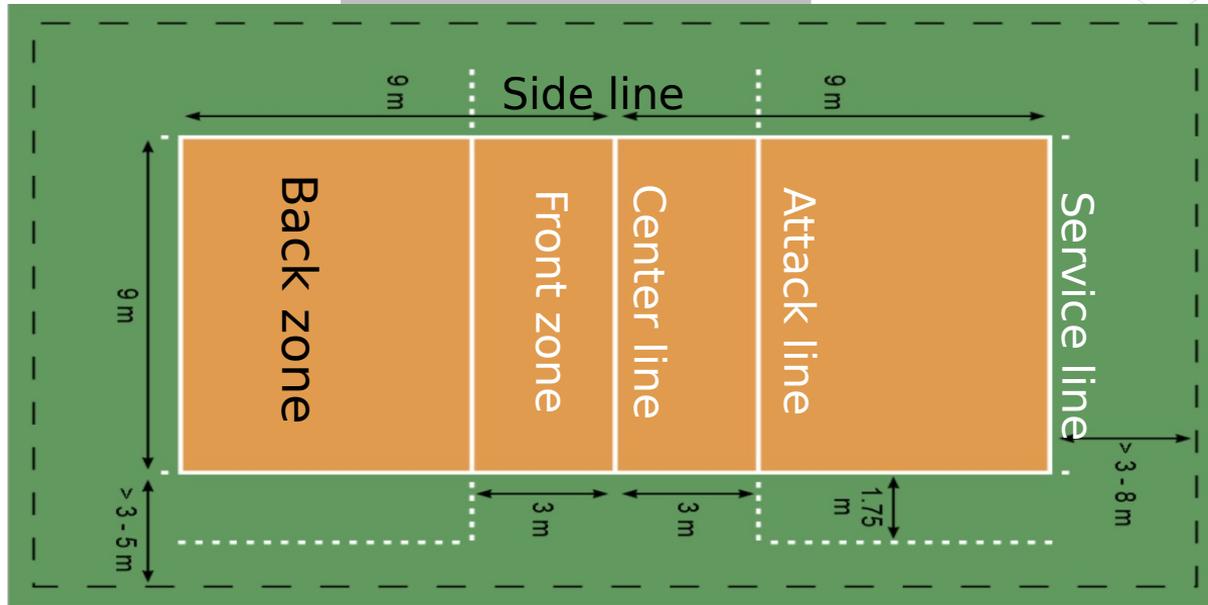
M.M.M.D.Bandara
PL/ Medirigiriya N.S.



Topic 3 Let us play volleyball

Topic 3.1 Let us identify volleyball

Volleyball court



Skills in volleyball

- Service
- Receiving
- Setting
- Attacking
- Blocking
- Court Defending

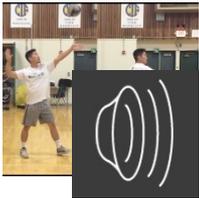
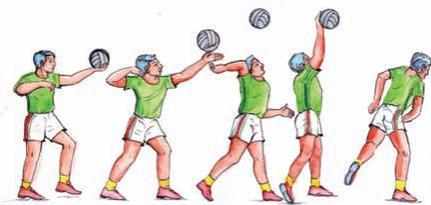
How to score in volleyball.

1. Touching the opponent team's ball.
2. An offense committed by an opposing player.
3. When an opposing player is being punished.

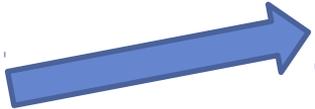


3.2 Over arm service

Over arm service technique



**Over
arm
service**



Before touching the ball



Touching the ball



After touching the ball

Activities for practicing the over arm service

1

- Fix the volleyball net at a level of 5 feet above the ground.
- Serve over the net following the correct technique (Figure 3.3)

2. Take a volleyball and go in front of a wall.

- Make several marks on the wall at a level of about 8 feet high above the ground level.
- Stand about 5m away from the wall and hit the ball as it hits each of the marks (Figure 3.4)
- Gradually increase the distance from the wall up to 10m and hit the ball using the over arm technique.

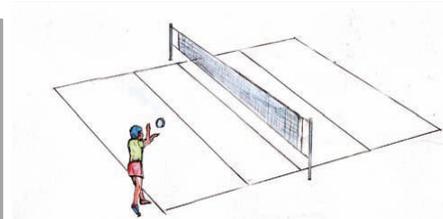


Figure 3.3

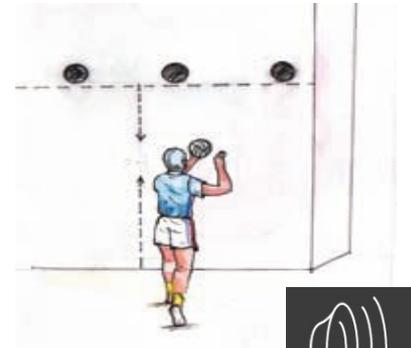
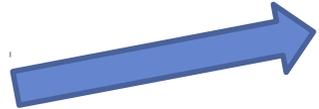
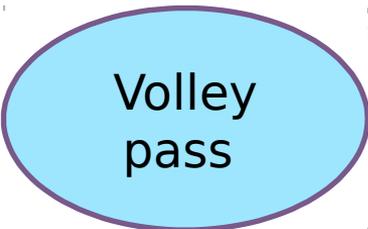


Figure 3.4



Over arm setting (volley pass)

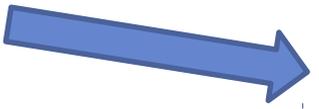
Volley pass technique



Before touching the ball



Touching the ball



After touching the ball



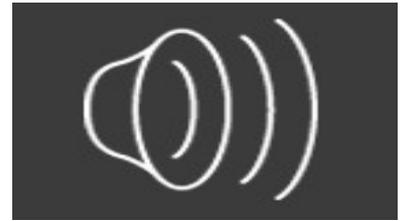
Activities for practicing the volley pass

1

- Take volleyball or a similar ball, keep it on the ground and hold it by its top half with both hands and hit it against the floor.
- As the ball bounces catch it by its upper part and hit against the floor again (Bounce the ball)
- Instead of catching the bouncing ball as described above, push it to your friend using both hands.

2

- Take a volleyball and go closer to a wall.
- Make some marks on the wall at a level of about 10 feet.
- Stand at a distance of about 4-5m away from the wall and hit the ball against the marks on the wall.



Rules related to service

- The ball should be served after receiving the signal for it.
- Service should be done within 8 seconds after the ball has been tossed.
- The server should not make contact the service line.

Rules related to passing (setting) the ball

- A player should not rest the ball in the hand when passing the ball.
- The player should not catch and throw the ball.
- When passing the ball, it should not come into contact with the hand more than once (This rule is not considered for the first ball comes over the net)



Health and Physical Education

Unit 3 Volleyball Game



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