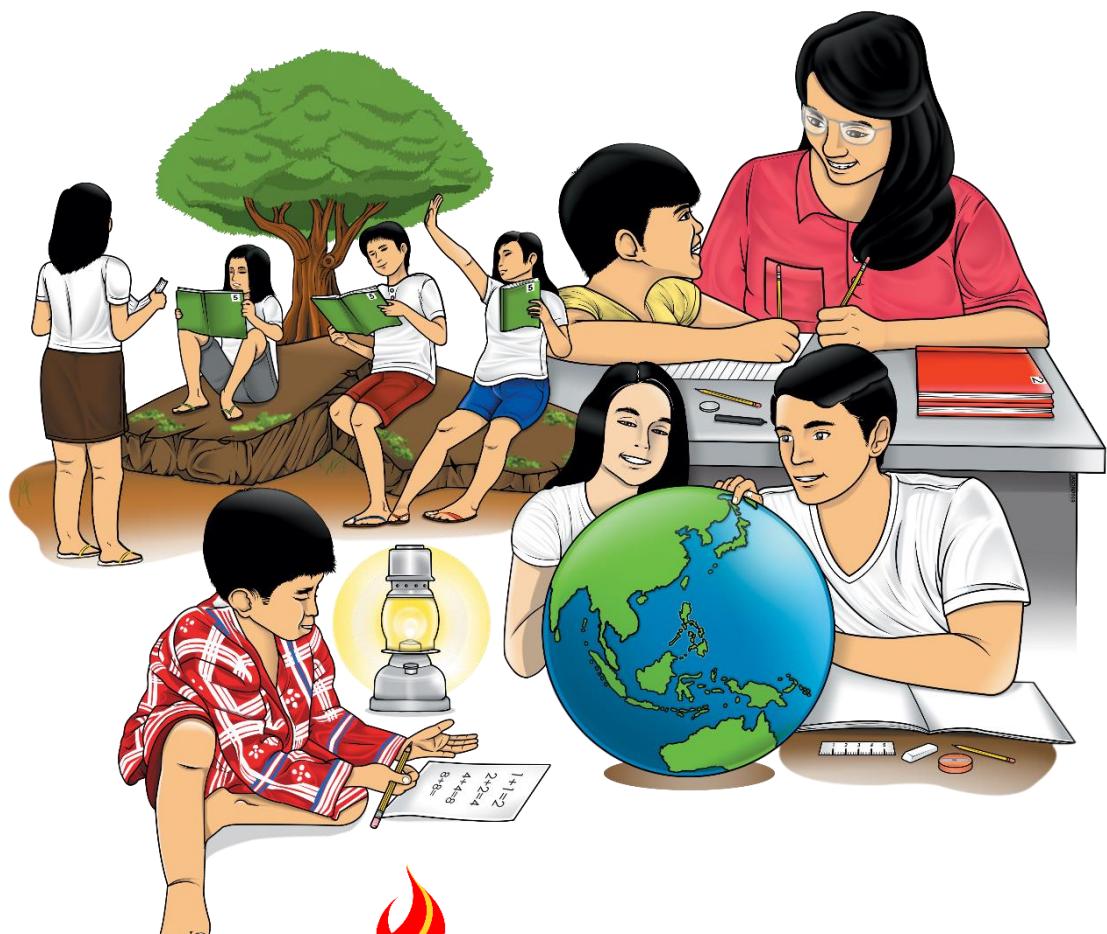


Physical Education

Quarter 2 – Module 3: Introduction to Team Sports (Volleyball)



Physical Education – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 3: Introduction to Team Sports (Volleyball)
First Edition, 2020

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Physical Education

Quarter 2 – Module 3:

Introduction to Team Sports

(Volleyball)

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

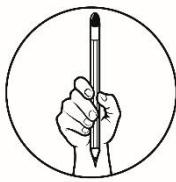
This module contains:

Nature and Background of Team Sports

- Lesson 1: Volleyball
- Lesson 2: Let's Develop Our Skills
- Lesson 3: Let's Develop Our Skills More
- Lesson 4: Serve the Ball
- Lesson 5: Setting the Ball
- Lesson 6: Play Time

After going through this module, you are expected to:

1. describe the nature and background of the team sports volleyball (PE8GS-1d-1);
2. execute the skills involved in the team sports volleyball (PE8GS-Id-h-4);
3. monitor periodically the progress towards fitness goals (PE8PF-Id-h-28);
4. display tolerance and acceptance of individuals with varying skills and abilities in executing team sports (PE8PF-Id-h-37); and
5. undertake physical activity and physical fitness assessments (PE8PF-IIa-h-23).



What I Know

Directions: Read the questions carefully. Choose the letter of the correct answer.
Write your answers on a separate sheet of paper.

- Which team sports wherein the players use their hands to hit a ball back and forth over a high net?
 - Baseball
 - Basketball
 - Softball
 - Volleyball
 - Which of the following BEST describes a setter?
 - The setter prepares the ball to anyone of the team that who will spike while the ball is on play.
 - The setter is always in the backward of the court.
 - The setter can spike as long as there is no violation called.
 - The setter is the control tower of his/her team in volleyball.
 - The following are examples of basic skills in volleyball, EXCEPT:
 - Serving
 - Blocking
 - Batting
 - Attacking
 - He was a physical director of the Young Men's Christian Association (YMCA) who invented the team sport *volleyball*.
 - James Naismith
 - William Morgan
 - Michael Jordan
 - Abner Doubleday
 - When the ball hits the floor on one side of the net, it is counted as a point to the opponent. This type of scoring is called _____.
 - Rally
 - Field
 - Point
 - Down
 - It is a type of service where the ball is tossed high enough that a player may jump before hitting the ball.
 - Jump serve
 - Underhand
 - Topspin
 - Jump float
 - This basic skill in volleyball stops the ball of the opponent's attack to cross the net.
 - Serving
 - Blocking
 - Setting
 - Attacking

8. Why is the libero not allowed to serve?
- A. Because the role is not suited to them.
 - B. It is against the international rules of Volleyball
 - C. Because they are the shortest player.
 - D. Because they are responsible for receiving and digging.
9. The following are the safety measures one needs to take when setting up the equipment in a volleyball game EXCEPT:
- A. Always warm -up, stretch and cool down.
 - B. Knee pads are worn by all players at all times.
 - C. Court is to be cleared of stray balls.
 - D. Jewelry worn during the competition.
10. How many players are involved in a one volleyball team inside the court?
- A. Five
 - B. Eight
 - C. Seven
 - D. Six
11. How will you describe defense in volleyball?
- A. A group or team of players does to prevent the opponents to get a score.
 - B. It consists of both digging and blocking.
 - C. It refers to the team who get points from the opponent.
 - D. It is a group or a team that attempts to score a point by landing the ball in opponent's court.
12. What is a foot fault?
- A. When the attacker/spiker touches the 3-meter line.
 - B. When the setter touches the ball two times.
 - C. When the server steps on the service line.
 - D. When the ball touches by the players four times.
13. When is the time to rotate as a team?
- A. When the team wins the serve.
 - B. When the team loses a point.
 - C. When the ball touches the net.
 - D. When the ball goes outside.
14. Which of the following is TRUE about a libero?
- A. A libero can spike, serve and block.
 - B. A libero is much likely the “defensive specialist”.
 - C. A libero can replace only the blocker player in his/her team.
 - D. A libero is situated in front row players.
15. Why is familiarization of the basic violations in volleyball important?
- A. To avoid mistake
 - B. To have an injury
 - C. To avoid giving free points to the opponent
 - D. To take the blame for possible misunderstanding

Lesson

1

Volleyball

In this module, you will learn about the nature and background of team sports. It is important for you to know about this topic to help you in your physical fitness activities.



What's In

Directions: List down at least three team games/sports you have played.

- 1.
- 2.
- 3.



What's New

Directions: Examine the picture and answer the questions that follow.



Source: UAAP Season 77 Photo by Arvin Lim

Alyssa Caymo Valdez (born June 29, 1993) is a Filipino volleyball player who currently plays for the Creamline Cool Smashers. She was a member of the collegiate varsity women's volleyball team of Ateneo de Manila University in both indoor and beach volleyball. She was most outstanding as an indoor volleyball player where she brought multiple championship titles and a lot of honor for the university. She is a current member of Philippines national team. Her global recognition paved the way for her to play in other countries like Thailand for 3BB Nakornnont and Taiwan for Attack Line Volleyball Club.

Guide Questions:

1. Who is the Filipino professional volleyball player known for her identity as "The Phenom"?
2. What team in the Professional Volleyball League (PVL) she plays for?
3. What is your favorite team sport? Why?



What is It

Nature and Background of Volleyball

Volleyball is a game played by two teams with six players on each team. It is considered as the most popular team sports all over the world, wherein the players use their hands to bat a ball back and forth over a high net. To prevent this, a player on the opposing team bats the ball up and toward a teammate before it touches the court surface that the teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net.

History

Volleyball was invented by William G. Morgan in 1895. He was a physical director of the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. Morgan designed it as an indoor sport for businessmen only because basketball is too vigorous for them. He called the sport "mintonette," until such there was a professor from Springfield College in Massachusetts noted the volleying nature of play and proposed the name of 'Volleyball.'

The original rules were written by Morgan and printed in the first edition of the official Handbook of the Athletic league of the Young Men's Christian Association of North America (1897). The game soon proved to have wide appeal for

both sexes in schools, playgrounds, the armed forces, and other organizations in the United States, and it was subsequently introduced to other countries.

The first nationwide tournament in the United States was conducted by the national YMCA physical Education Committee in New York City in 1922. The United States Volleyball Association (USVBA) was formed and recognized as the rules-making in 1928 and changed the name USVBA to USAV with the same year. USAV has conducted annual national men's and senior men's (age 35 and older) volleyball championships, except during 1944 and 1945. In 1949, started the women's division and 1977 was added the senior women's division (age 30 and older).

American troops introduced the Volleyball into Europe during World War I. in 1947, Federation Internationale de Volley Ball (FIVB) was organized in Paris and moved to Lausanne, Switzerland in 1984. the USVBA was one of the 13 charter members of the FIVB, whose membership grew to more than 210-member countries by the late 20th century. International Volleyball competition began in 1913 with the first Far East Games, in Manila. During the early 1900s and continuing until after World War II, Volleyball in Asia was played on a larger court, with a lower net, and nine players on a team.

The FIVB-sponsored world volleyball championships (for men only in 1949) and both men and women in 1952 that led to acceptance of standardized playing rules and officiating. In 1964, volleyball became an Olympic for both men and women held in Tokyo.

European championships were long dominated by Czechoslovakian, Hungarian, Polish, Bulgarian, Romanian, and Soviet (later, Russian) teams. At the world and Olympic level, Soviet teams have won more titles for both men's and women's than those of any other nation. Their success was attributed to widespread grassroots interest and well-organized play and instruction at all levels of skill. Olympic champions in 1946 were the Japanese women's team because of their free time to conditioning, team practice, and condition under expert and demanding coaching. This women's team made its mark in international competition, winning the world championship in 1962, 1966, and 1967, in addition to the 1964 Olympics because of the encouragement by the Japanese Volleyball Association. At the end of the 20th century, the Cuban women's team dominated both the World championships and the Olympics.

Basic Volleyball Rules

1. 6 players on a team, 3 on the front and 3 on the back row
2. Maximum of three hits per side
3. The player as much as possible will not hit the ball twice in succession (a block is not considered as hit)
4. A ball may be played off the net during a volley and on a serve
5. A ball hitting a boundary line is "in"
6. A ball is "out" if it hits...
 - an antennae,

- The floor completely outside the court,
 - Any of the net or cables outside the antennae,
 - The referee stand or pole,
 - The ceiling above a non-playable area
7. It is legal if the ball contacted with any part of a players body
8. It is illegal to catch, hold, or throw the ball
9. If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact
10. A player cannot block or attack a serve from on or inside the 10 foot line
11. After the serve, front line players may switch positions at the net
12. At higher competition, the officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer

Basic Violations in Volleyball

1. When serving, stepping on or across the service line is not allowed.
2. Failure to serve the ball over the net successfully
3. Contacting the ball illegally (lifting, carrying, throwing, etc.)
4. Touching the net with any part of the body while the ball is in play
5. When blocking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if both:
 - Your opponent hasn't used 3 contacts and
 - They have a player there to make a play on the ball
6. Crossing the court centreline with any part of your body
7. Serving out of order
8. Back row player blocking, when the moment of back contact row player is near the net and has part of his/her body above the top of the net (an illegal attack)
9. Back row player attacking a ball inside the front zone (the area inside the 10-foot line), when at the moment of contact the ball is completely above the net (an illegal attack)

Basic Skills in Volleyball

A. Serving

Serving is used to put the ball in play. The action is done with arm swing that sends the ball over the net into the opponent's court.

Illustrated by: Mark Evan G. Bernales



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B. Passing

Passing is used to receive the ball from your opponents, as in service, or as a technique to accurately control the ball in a way that eliminates lifting or carrying the ball.

Illustrated by: Mark Evan G. Bernales



C. Setting

It is used to receive a teammate's pass in order that the play may continue by passing the ball overhead to an attacker. The action of setting is to contact the ball with the finger pads momentarily at the forehead and following through with arms fully extended to the hitting target.



Illustrated by: Ruth B. Elman

D. Attacking/Spiking

It is used to put the ball into the opponent's court in order to earn point or side out. The action of this skill will incorporates a quick approach followed by a strong, full arm swing, and follow-thru.



Illustrated by: Ruth B. Elman

E. Blocking

It is used to stop the ball of the opponent's attack to cross the net. A block is effective if it immediately places the ball back into the opponent's court or if it temporarily slows down the ball in order for a defender to make dig. The fundamental of this is to stand facing the net with feet shoulder width apart, arms nearly extended above the head, ready to jump above the net to deflect the ball back into the opponent's court.



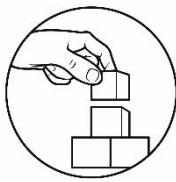
Illustrated by: Ruth B. Elman

F. Digging

It is used to receive the opponent's attack. The dig resembles a forearm pass from a low ready position and is used more for balls that are hit near the defender.

Illustrated by: Mary Joy B. Oliverio





What's More

Activity 1. Skills Development 1

Directions: Execute the skills in volleyball. Put a checkmark (/) to the column based on the number of repetitions of the skills that you have executed. Copy the table in a separate sheet of paper.

Note: You may use any ball or any improvised balls in the absence of an official ball.

Number of Repetitions

Skills in Volleyball

(1-3 attempts)	(4-6 attempts)	(7-9 attempts)
1 point	3 points	5 points

1. Setting

2. Passin

3. Serving

4. Attacking

5. Blocking

Please assess your own performance using the scoring guide below.

Number of Repetitions	Description	Points
(1-3 attempts)	Beginning	1 point
(4-6 attempts)	Developing	3 points
(7-9 attempts)	Approaching Proficiency	5 points



Additional Activities

Directions: Put a checkmark (/) on the column corresponding to your response to the skills in volleyball that you have performed for the whole week.
Copy the table in a separate sheet of paper.

Skills in Volleyball	Week 1						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Setting							
2. Passing							
3. Serving							
4. Attacking							
5. Blocking							

Lesson 2

Let's Develop Our Skills



What's In

Directions: Identify the volleyball skills shown in the pictures below. Write your answers on a separate sheet of paper.

1.



2.



3.



4.



5.



Illustrated by: Ruth B. Elman



What's New

Warm-up Exercise

Jogging

Procedure:

1. Make sure you keep your upper body straight.
2. Your hips, knees and feet should be aligned.
3. Do not let your knees buckle inwards.



Illustrated by: Glenn C. Dano

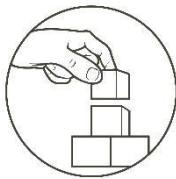


What is It

Sports training is a process by which an athlete prepares in any form of competition by practicing their skills. Many athletes train every day to improve more about their skills and also to have physically fit. So that they can avoid injuries or any cause of accidents.

Safety Volleyball Training

1. To be physically fit before starting any training program.
2. Be in good shape before playing volleyball.
3. Always perform warm-up and cool down exercise before and after training.
4. Use proper technique. If there are concerns about technique, a trained instructor can help.
5. Stop training if you get injured or in pain. They need check up from an athletic trainer, coach, doctor, or nurse before going back on the court.
6. Play different sports throughout the year to prevent overuse injuries.



What's More

Activity 1. Skills Development 2

Directions: Execute the skills in volleyball. Put a checkmark (/) to the column based on the number of repetitions of the skills that you have executed. Copy the table in a separate sheet of paper.

Note: You may use any ball or any improvised balls in the absence of an official ball.

Skills in Volleyball	Number of Repetitions		
	(10-12 attempts) 7 points	(13-15 attempts) 9 points	(16-18 attempts) 11 points

1. Setting
2. Passing
3. Serving
4. Attacking
5. Blocking

Please assess your own performance using the scoring guide below.

Number of Repetitions	Description	Points
(10-12 attempts)	Proficient	7
(13-15 attempts)	Highly-Proficient	9
(16-18 attempts)	Excellent	11

Activity 2. Think and Reflect

Directions: Based on the activities you have performed this week, come with a self-assessment by completing the sentences below.

1. Performing the volleyball skills with increasing repetitions help me developed my _____.

2. Exercising before and after training helps me _____.

3. To prevent injuries during trainings, players should _____.



Additional Activities

Directions: Put a checkmark (/) on the column corresponding to your response to the skills in volleyball that you have performed for the next two (2) weeks. Copy the table in a separate sheet of paper.

Skills in Volleyball	Week 2						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

1. Setting

2. Passing

3. Serving

4. Attacking

5. Blocking

Lesson 3

Let's Develop Our Skills More



What's In

Directions: Write TRUE if the statement is correct and FALSE if not. Do this in a separate sheet of paper.

- 1. Wear knee pads to protect the knees when sliding or falling.
- 2. Players are allowed to wear pieces of jewelry while playing volleyball.
- 3. Use mouth guards to protect the hips when diving for a ball.
- 4. Volleyball shoes with good traction avoid accidents on gym floors.
- 5. The wearing of prescription goggles and shatterproof sunglasses is allowed in playing volleyball inside the gym.



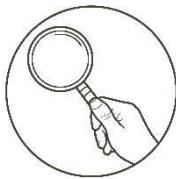
What's New

Warm-up Exercise

Jumping Jacks

Procedure:

1. Start by standing straight up with feet together and arms down by your sides.
2. Next, jump both feet out to the sides making your feet at least shoulder-width apart, while also raising your arms up and over your head.
3. Finally, return your feet and arms to the starting position.

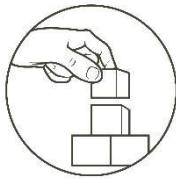


What is It

Developing volleyball skills takes time; you have to be patient and determination to practice it always. That is why drills and routines are part of athlete life to be able execute the specific skills they have. More than that, they have to do their daily routines to be healthy and free from injuries.

Basic Drills/Routines to develop skills in Volleyball:

- Players must have a strong physical condition after following a specific pre-season strength and condition program.
- All cables are checked for fraying prior to the start of each practice and match.
- Check crank mechanisms.
- Floor should be swept and be free from debris and dirt.
- Towels are available to swipe sweat/ water from the floor.
- Knee pads are worn by all players at all times.
- Team benches must be a safe distance away from the playing area.
- Court is to be cleared of stray balls.
- No jewelry worn during the competition.
- No drinking of water within six feet of playing court.
- Proper warm-up and stretching prior to and after the play.



What's More

Activity 1. Skills Development 3

Directions: Execute the skills in volleyball. Put a checkmark (/) to the column based on the number of repetitions of the skills that you have executed.
Copy the table in a separate sheet of paper.

Note: You may use any ball or any improvised balls in the absence of an official ball.

Number of Repetitions

Skills in Volleyball	(19-20 attempts)	(21-23 attempts)	(24-26 attempts)
	13 point	17 points	20 points

1. Setting
2. Passing
3. Serving
4. Attacking
5. Blocking

Please assess your own performance using the scoring guide below.

Number of Repetitions	Description	Points
(19-20 attempts)	Proficient	13 points
(21-23 attempts)	Highly Proficient	15 points
(24-26 attempts)	Excellent	17 points



Additional Activities

Directions: Put a checkmark (/) on the column corresponding to your response to the skills in volleyball you have performed for the next three (3) weeks. Copy the table in your activity notebook.

Skills in Volleyball	Week 3						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Setting							
2. Passing							
3. Serving							
4. Attacking							
5. Blocking							

Lesson 4

Serve the Ball



What's New

Directions: Do the following warm up exercises before playing volleyball.

Static Stretching Exercises

Shoulder stretches

Trunk stretches

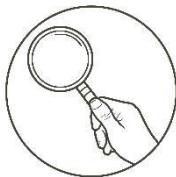
Squats

Dynamic Stretching Exercises

Jog in place

High knees

Butt kicks



What is It

Types of Serving:

Serving is one of the six basic skills in volleyball. It starts the play when one player serves the ball and it is one of the important aspects in a game. There are five types of serving, namely: underhand, topspin, float, jump serve, and jump float.

A. Underhand

A serve in which the player strikes the ball below the waist instead of tossing it up and striking it with an overhand throwing motion.

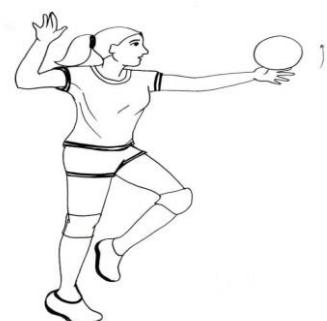


B. Topsin

An overhand serve where the player tosses the ball high and hits it with a wrist span.

**C. Float**

An overhand serve where the ball is hit with no spin so that its path becomes unpredictable.

**D. Jump serve**

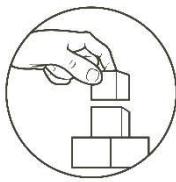
An overhand serve where the ball is first tossed high in the air.

**E. Jump float**

An overhand serve where the ball is tossed high enough that the player may jump before hitting the ball.



Illustrated by : Ruth B. Elman



What's More

Activity 1. Services

Directions: Execute the serving skills by yourself. Check YES if you have successfully done the serving skill and check NO if you find it difficult to perform. Copy the table in a separate sheet of paper.

Types of Serving	YES	NO
------------------	-----	----

1. Underhand
2. Topspin
3. Float
4. Jump serve
5. Jump float

Activity 2. Do the Service

Directions: Perform the following types of serving then state how many attempts you can make. Write your points as to the number of repetitions and descriptions on a separate sheet of paper.

Types of Serving	Number of Repetitions		
	(1-3 attempts)	(4-6 attempts)	(7-9 attempts)
	1 point	3 points	5 points

1. Underhand
2. Topspin
3. Float
4. Jump Serve
5. Jump Float

Please assess your own performance using the scoring guide below.

Number of Repetitions	Description	Points
(1-3 attempt)	Satisfactory	1 point
(4-6 attempts)	Very Satisfactory	3 points
(7-9 attempts)	Excellent	5 points

Lesson 5

Setting that Ball



What's New

Directions: Do the following warm-up exercises before playing volleyball.

Warm-up Exercises

1. Jog in Place
2. Trunk Bending (L&R)
3. Arm Stretching (L & R)
4. Arms Rotation
5. Jumping Jack



What is It

Setting the ball is done by the setter who set to the spiker for attacking purposes. The setter should know where to give the ball and have a variety in setting the ball to deceive the opponent's block.

Types of Setting

1. Forearm Set

The hands are clasped together so that the forearms are parallel. The clasp should be relaxed, with the type of handclasp a matter of choice. The thumbs are kept parallel and together, and the fingers of one hand make a partially cupped fist, with the fingers of the other hand overlapping the fist.



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2. Overhead Set

The player moves underneath the ball and controls it with the fingertips. The cup of the fingers is made so that the thumbs and forefingers are close together and the other fingers are spread. The hands are held forehead high, with elbows out and level with the floor. The player, when in receiving position, looks ready to shoot upward through the hands.



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Basic Techniques in Setting

1. With your hands down in front of you, put all ten fingertips together (thumbs touching each other, index fingers touching each other, etc) with the fingers spread wide.



2. Raise your hands up above your head with your fingers still touching.



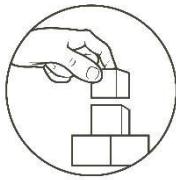
3. Pull your elbows out to your sides.



4. Pull your hands apart just far enough so that a ball fits between them.



Illustrated by: Mark Evan G. Bernales



What's More

Activity 1. Set the Ball

Directions: Execute the setting skills by yourself. Write your score on a separate sheet of paper.

Types of Setting	Number of Repetitions		
	(1-3 attempts)	(4-6 attempts)	(7-9 attempts)
	1 point	3 point	5 point

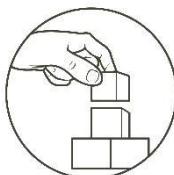
1. Forearm set in place
2. Forearm set while moving
3. Overhead set in place
4. Overhead set while moving

Please assess your own performance using the scoring guide below.

Number of Repetitions	Descriptions	Points
(1-3 attempt)	Satisfactory	1 point
(4-6 attempts)	Very Satisfactory	3 points
(7-9 attempts)	Excellent	5 points

Lesson 6

Play Time



What's More

Activity 1. Volley that Ball!

Directions: Look for playmates (i.e. family members or friends) and play the game. Observe safety measures to prevent injury while playing.

Guide Questions:

1. What did you feel while playing with your friends/family members?
2. Were you able to apply all the skills in volleyball while playing?
3. How did you deal with playmates with different skills and abilities?

Activity 2. Reflection/Realization

Directions: Complete the sentences below. Write your answers on a separate sheet of paper.

Three things that I learned from the lesson

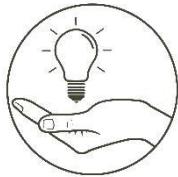
1. _____.
2. _____.
3. _____.

Two things that I like from the lesson

1. _____.
2. _____.

One question I still want to ask

1. _____.

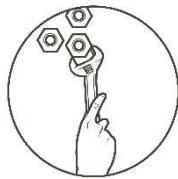


What I Have Learned

Completion Test

Directions: Supply the missing word in the blanks to complete the sentences below.
Write your answers on a separate sheet of paper.

1. Volleyball was invented by William G. Morgan in _____.
2. An overhand serve where the player tosses the ball high and hits it with a wrist span is called _____.
3. _____ is used to stop the ball of the opponent's attack to cross the net.
4. William G. Morgan called the sport _____ until such time there was a professor from Springfield College in Massachusetts noted the volleying nature of play and proposed the name of 'Volleyball.'
5. _____ is used to receive a teammate's pass in order that the play may continue by passing the ball overhead to an attacker.
6. When serving, stepping on or across the service line is _____.
7. _____ is a game played by two teams with six players on each team.
8. An overhand serve where the ball is tossed high enough that the player may jump before hitting the ball is called _____.
9. The first nationwide tournament in the United States was conducted by the national _____ physical Education Committee in New York City in 1922.
10. _____ serve where the ball is hit with no spin so that its path becomes unpredictable.



What I Can Do

Write It Up

Directions: List down five activities at home that involve the skills in playing volleyball. Do this in a separate sheet of paper.

Example: throwing paper to the trash bin

- 1.
- 2.
- 3.
- 4.
- 5.



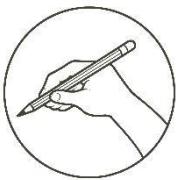
Additional Activities

Activity 1. Across the Skills

Directions: Choose one skill from the basic skills in volleyball. Make an acrostic of a basic skill which are focused on values that will contribute to a successful teamwork. Refer to the example below.

Example: **BLOCKING**

B – Brave
L – Love what you doing
O – Optimistic
C – Careful
K – Knowledgeable
I – Intelligent
N – Never give up
G – Generous

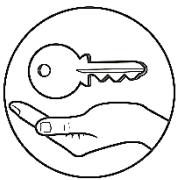


Assessment

Directions: Read the questions carefully. Choose the letter of the correct answer.
Write your answers on a separate sheet of paper.

1. How will you describe defense in volleyball?
 - A. A group or team of players does to prevent the opponents to get a score.
 - B. It consists of both digging and blocking.
 - C. It refers to the team who get points from the opponent.
 - D. It is a group or a team that attempts to score a point by landing the ball in opponent's court.
2. What is a foot fault?
 - A. When the attacker/spiker touches the 3-meter line.
 - B. When the setter touches the ball two times.
 - C. When the server steps on the service line.
 - D. When the ball touches by the players four times.
3. When is the time to rotate as a team?
 - A. When the team wins the serve.
 - B. When the team loses a point.
 - C. When the ball touches the net.
 - D. When the ball goes outside.
4. Which of the following is TRUE about a libero?
 - A. A libero can spike, serve and block.
 - B. A libero is much likely the “defensive specialist”.
 - C. A libero can replace only the blocker player in his/her team.
 - D. A libero is situated in front row players.
5. Why is familiarization of the basic violations in volleyball important?
 - A. To avoid mistake
 - B. To have an injury
 - C. To avoid giving free points to the opponent
 - D. To take the blame for possible misunderstanding
6. Which team sports wherein the players use their hands to hit a ball back and forth over a high net?
 - A. Baseball
 - B. Basketball
 - C. Softball
 - D. Volleyball

7. Which of the following BEST describes a setter?
- A. The setter prepares the ball to anyone of the team that who will spike while the ball is on play.
 - B. The setter is always in the backward of the court.
 - C. The setter can spike as long as there is no violation called.
 - D. The setter is the control tower of his/her team in volleyball.
8. The following are examples of basic skills in volleyball, EXCEPT:
- A. Serving
 - B. Blocking
 - C. Batting
 - D. Attacking
9. He was a physical director of the Young Men's Christian Association (YMCA) who invented the team sport *volleyball*.
- A. James Naismith
 - B. William Morgan
 - C. Michael Jordan
 - D. Abner Doubleday
10. When the ball hits the floor on one side of the net, it is counted as a point to the opponent. This type of scoring is called _____.
- A. Rally
 - B. Field
 - C. Point
 - D. Down
11. It is a type of service where the ball is tossed high enough that a player may jump before hitting the ball.
- A. Jump serve
 - B. Underhand
 - C. Topspin
 - D. Jump float
12. This basic skill in volleyball stops the ball of the opponent's attack to cross the net.
- A. Serving
 - B. Blocking
 - C. Setting
 - D. Attacking
13. Why is the libero not allowed to serve?
- A. Because the role is not suited to them.
 - B. It is against the international rules of Volleyball
 - C. Because they are the shortest player.
 - D. Because they are responsible for receiving and digging.
14. The following are the safety measures one needs to take when setting up the equipment in a volleyball game EXCEPT:
- A. Always warm –up, stretch and cool down.
 - B. Knee pads are worn by all players at all times.
 - C. Court is to be cleared of stray balls.
 - D. Jewelry worn during the competition.
15. How many players are involved in a one volleyball team inside the court?
- A. Five
 - B. Eight
 - C. Seven
 - D. Six



Answer Key

Lesson 1	
What's In (Answers may vary)	What's More (Answers may vary)
1. D 11. B 12. C 13. A 14. B 15. C	Activity 1. (Answers may vary) Additional Activities 1. Alyssa Valdez 2. Cremline cool smashers 3. (Answers may vary)
2. A 3. C 4. B 5. A 6. D 7. B 8. B 9. D 10. D	Activity 1. (Answers may vary) Additional Activities 1. Alyssa Valdez 2. Cremline cool smashers 3. (Answers may vary)

Lesson 2	
What's In	What's More
Activity 1: (Answers may vary) 1. Blocking 2. Setting 3. Serving 4. Attacking/Spiking 5. Digging	Activity 1: (Answers may vary) Activity 2: (Answers may vary) 1. True 2. False 3. False 4. True 5. False Activity 2: (Answers may vary) 1. Yes 2. Yes 3. Yes 4. Yes
Activity 1: (Answers may vary) 1. Blocking 2. Setting 3. Serving 4. Attacking/Spiking 5. Digging	Additional Activities 1. Additional Activities 2. Additional Activities 3. Additional Activities 4. Additional Activities 5. Additional Activities
Activity 1: (Answers may vary) 1. Blocking 2. Setting 3. Serving 4. Attacking/Spiking 5. Digging	Additional Activities 1. Additional Activities 2. Additional Activities 3. Additional Activities 4. Additional Activities 5. Additional Activities

Lesson 3	
What's In	What's More
Activity 1: (Answers may vary) 1. 1895 2. Topspin 3. Blocking 4. Minuteman 5. Setting 6. Not allowed 7. Volleyball 8. Jump float 9. YMCA 10. Float	Activity 2: Reflection/Reflection 1. Setting 2. Topspin 3. Blocking 4. Minuteman 5. Setting 6. Not allowed 7. Volleyball 8. Jump float 9. YMCA 10. Float
Activity 1: (Answers may vary) 1. 1895 2. Topspin 3. Blocking 4. Minuteman 5. Setting 6. Not allowed 7. Volleyball 8. Jump float 9. YMCA 10. Float	Additional Activities 1. Additional Activities 2. Additional Activities 3. Additional Activities 4. Additional Activities 5. Additional Activities
Activity 1: (Answers may vary) 1. 1895 2. Topspin 3. Blocking 4. Minuteman 5. Setting 6. Not allowed 7. Volleyball 8. Jump float 9. YMCA 10. Float	Additional Activities 1. Additional Activities 2. Additional Activities 3. Additional Activities 4. Additional Activities 5. Additional Activities

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