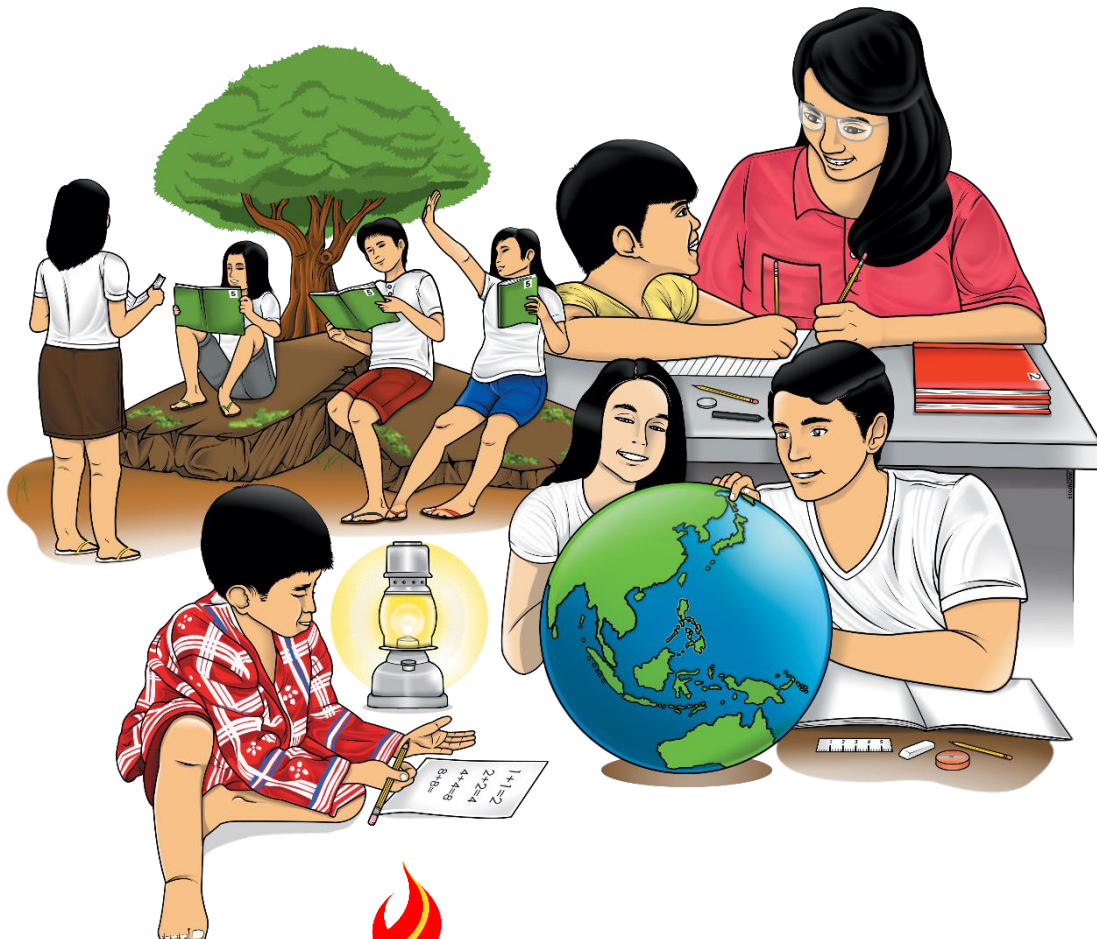


Senior High School

Health Optimizing Physical Education 2 Quarters 3 and 4 – Module 6: Events Addressing Health/Fitness Issues and Concerns - Volleyball



**Health Optimizing Physical Education 2
Alternative Delivery Mode**

**Quarters 3&4 - Module 6: Events Addressing Health/Fitness Issues and Concerns -
Volleyball**

First Edition, 2021

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**Health Optimizing
Physical Education 2
Quarters 3 and 4 - Module 6:
Events Addressing Health/Fitness
Issues and Concerns - 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 participation in an organized event that addresses health/fitness issues and concerns. 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.

The module is divided into three lessons, namely:

- Lesson 1 – Volleyball as a Team Sport and Its Background
- Lesson 2 – Volleyball Skills

After going through this module, you are expected to:

1. determine the background of the game, volleyball;
2. execute the basic skills in volleyball;
3. organize homebased volleyball activity.



What I Know

Choose the letter of the best answer. Write it on a separate sheet of paper.

1. How many players per team are allowed on the court during a regular volleyball game?
 - A. 2
 - B. 4
 - C. 6
 - D. 8

2. What type of scoring is used in high school and college volleyball games?
 - A. match point
 - B. point set
 - C. rally point
 - D. traditional

3. Up to what score is a volleyball game played?
 - A. 15
 - B. 20
 - C. 25
 - D. 30

4. How many times can the team hit the volleyball when it is on their side?
 - A. 2
 - B. 3
 - C. 4
 - D. 5

5. Which is a common type of hit used in the game of volleyball?
 - A. forearm pass
 - B. set
 - C. spike
 - D. all of the above

6. What is another term for an attack hit used in volleyball?
 - A. slam
 - B. slap
 - C. slice
 - D. spike

7. If you are the server, what position on the court are you in?
 - A. center back
 - B. center front
 - C. right back
 - D. right front

8. In a volleyball game, when do players rotate as a team?
 - A. When the ball hits net
 - B. When the ball is out
 - C. When the game ends
 - D. When the serve is won

9. What should the first pass be when receiving a serve?
 - A. attack
 - B. block
 - C. bump
 - D. set

10. In volleyball, from which position are the players situated in the back zone when the serve is made?
 - A. back row
 - B. front row
 - C. middle row
 - D. setter

11. In volleyball, which contact sets up the spike:
 - A. block
 - B. dig
 - C. set
 - D. tip

12. If the score ends up tied, how many points does a team need to be ahead of the opposing team and win?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

13. What is the official size of a volleyball court?
 - A. 9m X 18m
 - B. 9m X 20m
 - C. 10m X 18m
 - D. 10m X 20m

14. Which of the following are the three hits used in playing volleyball?
 - A. bump, set, block
 - B. bump, set, spike
 - C. set, spike, block
 - D. spike, jab, push

15. What is a serve that is not returnable and results in a point?
 - A. ace
 - B. assist
 - C. block
 - D. fault

Lesson

1

Volleyball as a Team Sport and Its Background

As a student, one of the best ways to stay healthy, fit, and socially stimulated is to begin participating in a team sport.



What's In

Any sport involving players working together for a shared objective is called team sport. Such is an activity wherein a group of people, in a team, work collectively to achieve the goal of winning.

Football, basketball, volleyball, baseball, and other team sports provide amazing personal development opportunities that every student – regardless of his age – can benefit from. The importance of teamwork is huge in every possible social environment you can think of, and it shouldn't be neglected.



Notes to the Teacher

You may ask your students to name different team sports that they are familiar with just to stimulate their interest and get hold of their attention.



What's New

Directions: Look for the words/group of words that may define or may be related to the game volleyball. Write your answers on a separate sheet of paper.

T	C	D	I	G	A	K	N	M	H	S	A	T	K	W
E	S	N	M	L	C	O	P	N	C	U	A	C	J	I
A	D	E	Z	A	W	Z	L	I	V	T	O	J	U	L
M	E	G	T	K	X	Y	P	G	F	L	S	Z	H	L
S	F	T	F	I	K	M	Q	Y	B	P	Y	Y	K	I
P	A	Q	E	J	Y	R	F	M	G	S	X	E	V	A
O	R	E	V	L	J	S	R	L	P	O	K	Y	I	M
R	W	V	O	L	L	E	Y	B	A	L	L	X	A	M
T	E	T	V	D	X	L	N	W	S	E	R	V	E	O
G	U	H	D	I	L	C	A	B	S	B	X	E	P	R
E	F	W	T	A	A	S	S	D	I	C	B	C	H	G
L	B	M	R	C	I	Y	T	M	N	E	T	O	L	A
K	U	H	U	N	P	O	Q	V	G	R	A	D	Q	N
M	I	N	T	O	N	E	T	T	E	Z	W	A	U	N
A	J	G	I	O	H	R	Q	R	O	T	A	T	E	P

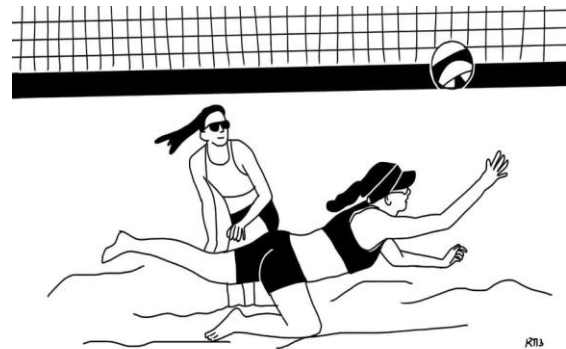
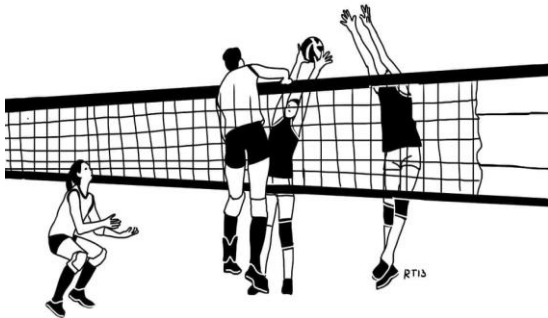
1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.



What is It

One of the many team sports played involving a ball and a net is Volleyball. In this sport, opposing teams are on each side of the net. A team hits the ball over the net and into the opponent's side of the court. Meanwhile, the receiving team aims to receive the ball, the players prevent it from touching the ground, then hit it back over the net and into the opponent's side of the court within three touches.

There are two types of volleyball which are played in competition. These are the team and beach volleyballs. Team volleyball is played by two teams on a hard court, indoors and outdoors, with six individuals on the court for each team aiming to score 25 points to win a set over the opponent. While beach volleyball is played by two teams on the sand, outdoors, with two players each team aiming to score 21 points to win a set over the opponent. The discussion in this lesson will focus on team volleyball.



Volleyball can be a fun game to play with friends. In a recreational set up, it can be enjoyed by unlimited number of players which means anyone can join in. On the other hand, in a competitive set up, players are limited to only six for each team during play, and they must take time to practice for good performance. Good jumping ability and height will help a lot but are not requirements in the game.

History of Volleyball

The game Volleyball was created by William G. Morgan in 1895, an athletic director at the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts, United States, with the aim to design a game that is equally enjoyable with basketball, but less challenging. It was quick to become a trendy sport at that time. Then, Alfred Halstead saw the game's volleying nature. People started calling it volley-ball and the name stuck. The rules of the game have changed as time passed by.

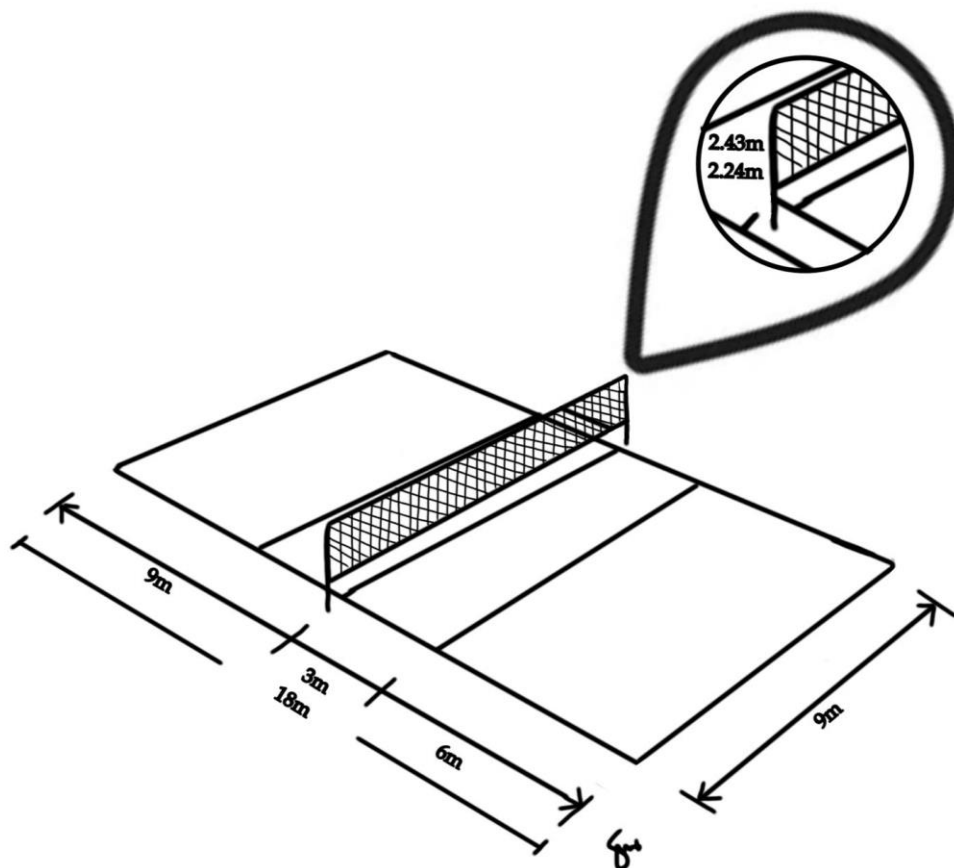
Volleyball became an official event in the 1964 Tokyo Olympics, where Japan came up victorious in winning the first gold medal in women's volleyball as the USSR claimed the first gold for men.

Volleyball Equipment and Court

During the early years, a volleyball had variety of colors but white was greatly favored worldwide. But, after more than a century from the day it was invented, the widely accepted color now is blue and yellow. It is round with several panels which are usually leather made. Its official size is 65-67 centimeters in circumference and 260-280 grams in weight with an air pressure of 4.26-4.61 psi. For kids, volleyball is smaller while it is bigger in Beach volleyballs with the same weight, but with less air pressure.



The standard volleyball court is 18 x 9 meters. The net, 1 meter wide, is suspended in the middle and across the court, 2.43 meters high for men and 2.24 meters high for women, splitting it to two sides. There is a line that is drawn 3 meters from the center and parallel to the net on each side. This is the attack line which sets the back row and the front row areas.



Lesson

2

Volleyball Skills

As a sport, volleyball is played well with a good combination of skills. A player needs to go from one place to another on different directions to be able to cover certain areas of the court. Also, teams must be able to shift from offense to defense as fast as possible depending on the sequence of the game. Players must always be ready to execute certain skills on different situations.

SERVICE

The service is the first opportunity for a player to score a point and it is determined by a toss coin. Whichever team wins the toss coin will decide whether they take the opportunity to serve first or decide which side of the court they will play on first.

Service begins each rally, and once you throw the ball in the air you must contact the ball to send it over the net to land inside the lines of the opponent's side of the court. The serve may touch the net and continue into the opponent's court.

Each team gets only one chance to serve. When the serving team loses a rally, it loses the right to serve. The receiving team then rotates one position on the court.

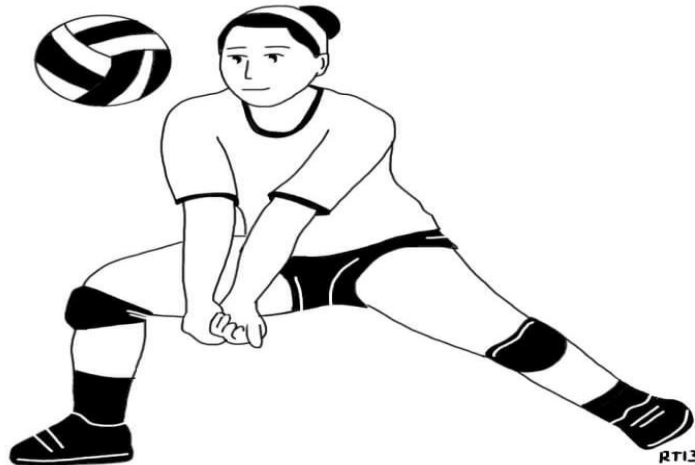
A serve is called ace when the receiving team failed to return the ball.



DIG

The "dig" is used to receive and pass the ball with control using the forearms. It is usually executed with the first contact by the team and very useful in defense as it allows the receiver to have a good control of the ball and pass it to the setter positioned near the net.

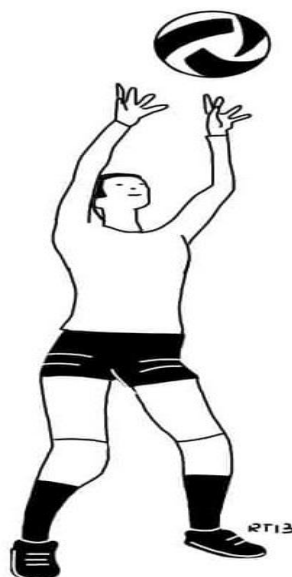
- hold both hands together with one hand inside the other
- both thumbs pointing slightly downwards
- both knees bent



SET

The "set" is an overhead pass used to toss and put the ball in the right position for the attacker or spiker.

It is performed by the setter and is usually the second contact of the receiving team with the ball.



The setter is like a point guard on a basketball team who runs the offense and calls the plays.

SPIKE

The "spike" is a forceful hitting or smashing of the ball across the net which serves to be the most effective way for a team to score a point during a rally.

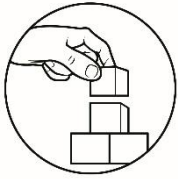


BLOCK

A block is a defensive act of preventing the ball coming from an attack of the offensive team from crossing the net.

This skill is very useful as it may earn the defensive team a point and take the chance to serve the ball.





What's More

Volleyball Drills

Drills are used to enhance various performance factors in volleyball such as ball control, footwork, and timing on approach jumps or blocks.

Both coaches and players need to understand the importance of drills in training.

Drills can fix a players' issues on their volleyball skills which includes passing or hitting the ball.

Doing drills in volleyball has many benefits...

- Before doing a specific drill, a player needs to understand its purpose. Rather than just going through the motions, they will be more interested in the training.
- Drills for volleyball are important for developing habits. If players are constantly focusing on how to perform a volleyball drill correctly, they will improve their ability to focus during the competition.
- If coaches will set goals and set a specific focus to a drill, they will have better understanding of when to move on or adjust the drill for a better training effect.

Directions:

The following are different skills in Volleyball. Look at the picture and arrange the jumbled letters to get the correct answer.



1.

REOFMAR PASS



2.

GKILBON



3.

PINGKSI



4.

TISGNET



5.

ECIRVS



What I Have Learned

Are you now ready to realize how much you have learned from the two lessons in this module? Complete the following paragraph with the concepts/ opinions which suit the given sentence stems.

If I am a volleyball player, I must have the skills such as serving, _____, setting, _____, _____, and _____. Among these skills, I find _____ easy to do because

_____.

On the other hand, the hardest one is _____ because

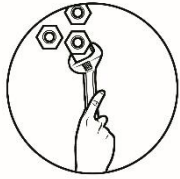
_____.

To help me become a good volleyball player, I think that I must have the physical strength of _____

_____.

If given a chance to be a part of a volleyball team, I want the position of a _____ (setter, spiker, blocker and libero) because

_____.



What I Can Do

Record a video showing you with your family members or people at home doing a self-organized home-based volleyball activity. Please observe the guidelines on social distancing to promote good practices.

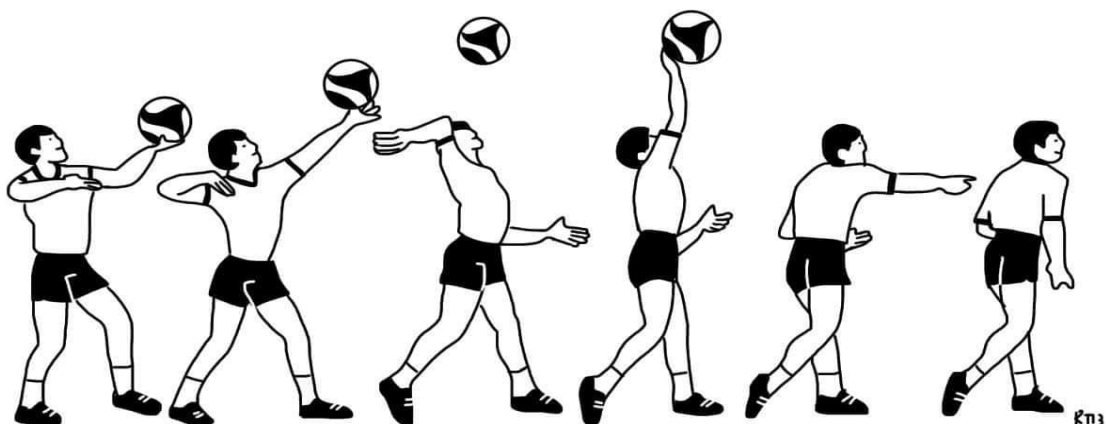
Scoring rubric for this activity.

Criteria	Excellent 4	Good 3	Fair 2	Poor 1	Remarks
Establish attainable goal in executing the different volleyball skills.					
Use self-improvised ball in the recording.					
Maximize the time allotment in doing the activity.					
Clearly address physical fitness needs on individual capacity of each member of the family.					
Total					

Directions:

Make your own portfolio on how to execute the different Volleyball skills by simply following the step-by-step procedure using your self-improvised ball. You may use the picture below as your guide.

Example: Serve





Assessment

Directions: Choose the letter of the best answer. Write it on a separate sheet of paper.

1. Which is a common type of hit used in the game of volleyball?
 - A. forearm pass
 - B. set
 - C. spike
 - D. all of the above

2. How many times can the team hit the volleyball when it is on their side?
 - A. 2
 - B. 3
 - C. 4
 - D. 5

3. Volleyball is a game played until what score per set?
 - A. 15
 - B. 20
 - C. 25
 - D. 30

4. What type of scoring is used in high school and in college volleyball games?
 - A. match point
 - B. point set
 - C. rally point
 - D. traditional

5. In a regular volleyball game, how many players per team are on the court?
 - A. 2
 - B. 4
 - C. 6
 - D. 8

6. What are the players situated in the back zone called when the serve is made?
 - A. back row
 - B. front row
 - C. middle row
 - D. setter

7. Which of the following is the best defense in receiving a serve?
 - A. attack
 - B. block
 - C. bump
 - D. set

8. In playing volleyball, when do team rotate?
 - A. Ball hits the net.
 - B. End of the game.
 - C. Hit out of bounds.
 - D. Team won the serve.

9. If you are the server, in what position on the court are you?
 - A. right back
 - B. center back
 - C. center front
 - D. right front

10. What is another term for an attack hit used in volleyball?
 - A. slam
 - B. slap
 - C. slice
 - D. spike

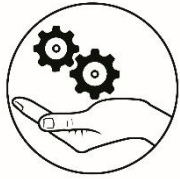
11. In volleyball, which contact sets up the spike?
 - A. block
 - B. dig
 - C. set
 - D. tip

12. How many points does a team need to be ahead if the score ends up tied?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

13. What is the official size of a volleyball court?
 - A. 9m X 18m
 - B. 9m X 20m
 - C. 10m X 18m
 - D. 10m X 20m

14. The following three hits are used in volleyball:
 - A. bump, set, block
 - B. bump, set, spike
 - C. set, job, push
 - D. set, spike, block

15. A serve from Team A that is not returned and results in a point is considered _____.
 - A. ace
 - B. assist
 - C. block
 - D. fault



Additional Activities

FOREARM PASS AND SETTING DRILLS

CATCH-THROW, BUMP, TOSS

Objective: To develop forearm pass, proper stunts, timing and target

Procedure:

- Ask somebody to toss the ball towards you.
- Catch the ball while your body is on a forearm pass position.
- Bring your arms together in front of your body while bending your knees with one foot in front while catching the ball.
- Do it 20 times in 3 sets.
- After the catching drill, look for a wall and stand 2 meters away from it.
- Throw the ball against the wall and be ready to bump it back with your forearms just above the height of the net.
- Try bumping as many as you can until you can do the forearm pass.
- After the forearm pass drill do the overhead pass by following the direction given on our previous lesson.
- If you think you are ready, it is better if you can do the forearm pass and overhead pass with a partner.

Performance Checklist

Please see the performances listed below from the activity you just performed and check the corresponding level of your consistency, 1 being the least consistent and 3 being the most consistent.

Observed performances	1	2	3
Executes ready position for receiving the ball			
Contact with ball is made on both forearms			
Getting under the ball with right foot forward when setting			
Moves into a good position to play the ball			
Can catch overhead occasional volley			
Can dig a ball back to partner			
Predicts where the ball will land and moves to it			
Consistent touches with the ball			
Passes are on target			
Sets the ball with accuracy			
Chases a ball down if it was misplayed			

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