



Provincial Department of Education – Sabaragamuwa – Week School

Week: 10

Subject; Health and Physical Education

Grade -10

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Let us learn about sports and outdoor activities.

### Volleyball-Spiking



Answer all the questions.

01.What is the 'spiking' in the game of volleyball?

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02.Name the stages of spiking the ball.

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03.Illustarte the approach to spiking in a volleyball game with a diagram.

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04.Illustrate the spiking with a diagram.

05.Create an activity to practice skill related to spiking.

