



Provincial Department of Education – Sabaragamuwa – Week School

Week: 19

Subject: Health and physical education

Grade -10

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Let us learn about sports and outdoor activities

Volleyball

Answer all the questions.



01. Make a brief introduction to the game of volleyball.
02. What are the specialties of the volleyball.
03. What are the skills of volleyball?
04. What are the points to consider when mastering service in accordance with the rules and regulations?
05. Write down three instances of mistakes in a service.
06. What are the points to consider when mastering blocking in accordance with the rules and regulations?
07. Name the judges required to judging a volleyball match.
08. Draw the official hand signals of the referees in volleyball.

