



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 12 week

Grade - 6

Mawanella Education Zone  
J.A.Thilini Rishani

### Let us enjoy our leisure through recreational games

- Match A with B

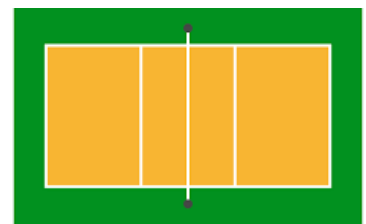
A

B

- |  |                       |
|--|-----------------------|
| 01. The game originated in holly York city in the united States of America | 9 m                   |
| 02. Volleyball was introduced to Sri Lanka                                 | Six                   |
| 03. Length of Volleyball court   | Volleyball            |
| 04. Number of players on a Volleyball team                                 | 18 m                  |
| 05. Width of volleyball court  | Mr.Robet walter Camac |



Volleyball



Volleyball court

- How to play the game.

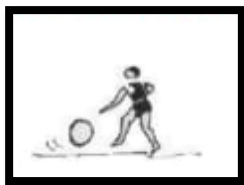
Each team consists of six players and they stand in the court, on either side of the net. The players could hit the ball using any part of the body in order to send the ball over the net to the opposing team.

06. Write down some of the benefits of playing Volleyball.

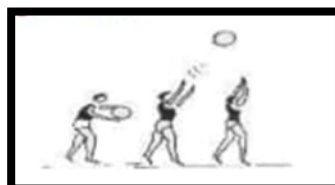
- **Activities that can be done alone to practice the game of Volleyball.**



Throwing the ball up and catching with both hands



Bouncing the ball and catching when coming up

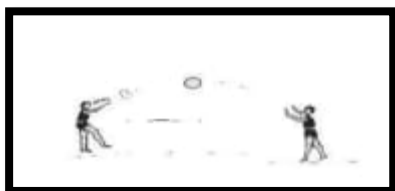


Put the ball up and catch it with a clap

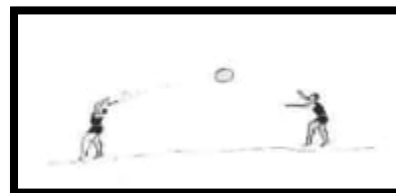


Changing the ball hand to hand

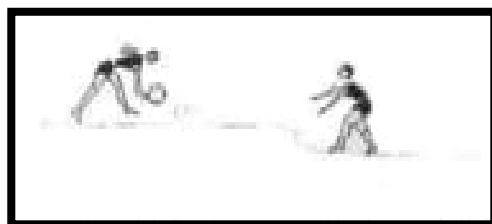
- **Activities that can be done in Pairs.**



Passing the ball over the top between pair.



The first player turns back and sends the player over the head



Rolling the ball along the ground and passing it to the other player.