

VOLLEYBALL

PACKET # 1

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions and puzzles.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and more.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players got their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.



HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

Physical Fitness Learning Packet Volleyball

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