



Grade 8

Health and Physical
 Education.

Unit : 4 - Let us play volley ball

Part I

- **Underline the most suitable answer.**

(1) The length and the width of a volleyball court respectively are,

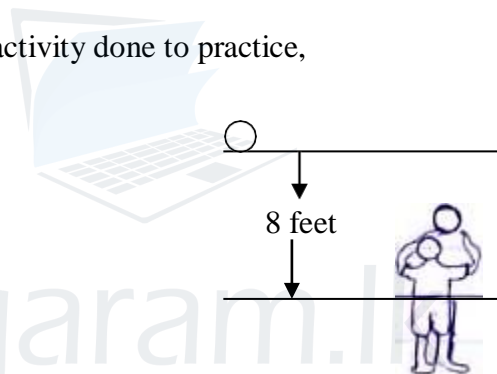
- i) 9 m, 9 m ii) 18 m, 9 m iii) 15 m, 7 m iv) 9 m, 16 m

(2) When playing volleyball, the ball should be set for spiking. The techniques used for that are,

- i) Under arm pass, lob pass ii) Dig pass, chest pass
 iii) Volleys pass, dig pass iv) Over arm pass, bounce pass

(3) The following picture shows an activity done to practice,

- i) Volley pass
 ii) Dig pass
 iii) Over arm service
 iv) Over arm setting



(4) Select the incorrect statement relating to the rules of serving and passing the ball in volley ball.

- i) The player should not catch and throw the ball .
 ii) The service should be done after 8 seconds after the ball has been tossed.
 iii) The player should not rest the ball in the hand when passing the ball.
 iv) The ball should be served after receiving the signal for that.

(5) This is not a skill in volley ball,

- i) Receiving ii) Spiking
 iii) Field defending iv) Foot work

Part II

1) a) Name three stages of volley pass technique in volley ball.

b) Briefly explain them.



2) Write 3 rules relating to service and passing the ball in volley ball.

3) Draw a named diagram of a volleyball court.