

8th Grade PE

****This is a substitute for online work.**

You are not required to do both**

**If you have access, please log into
Google Classroom and complete work
there.**

**Part 1 – Exercises and Activity Log to be
filled out and returned.**

**Part 2 – Information and Facts regarding
a specific sport. Worksheets to be
completed and filled out.**

Example Worksheet

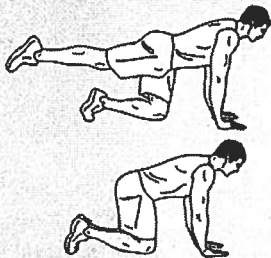
(Use this as a template to track your activity)

You may use activities from the sheets provided or research other exercises for cardio, upper body, lower body, and core strength.

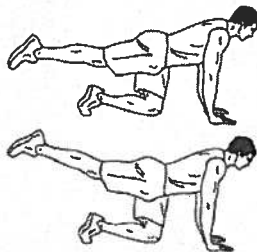
Day	Activity (Quick Description)	Time (min)	Type (What did it work?)
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT © darebee.com



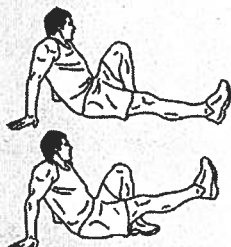
20sec leg extensions



20sec raised leg swings
change sides and repeat the sequence



20sec hold



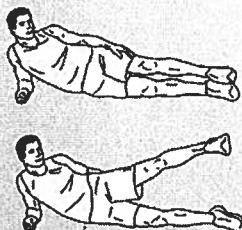
20sec leg raises



20sec raised leg circles
change sides and repeat the sequence



20sec hold



20sec side leg raises



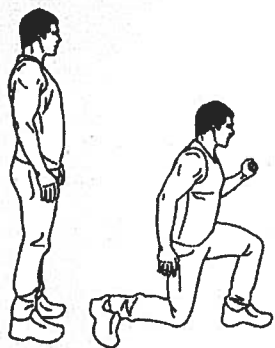
20sec raised leg kicks
change sides and repeat the sequence



20sec hold

Lower Body Works

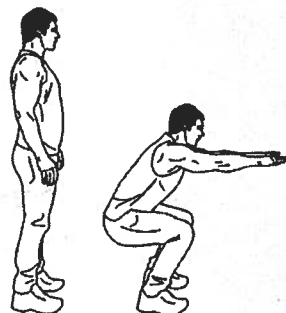
DAREBEE WORKOUT
© darebee.com
repeat 3 times | 1 minute rest



10 forward lunges



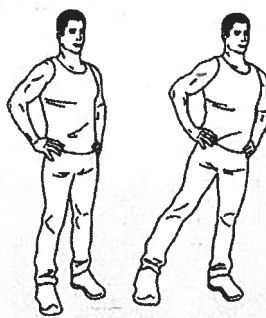
10 calf raises



10 squats



10 calf raises



40 side leg raises



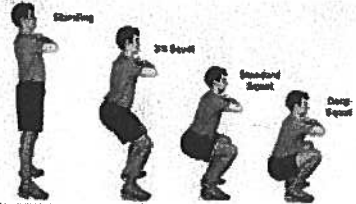
10 calf raises

LOWER BODY

Body Weight Exercises

AIR SQUAT

Quadriceps, Gluteus Maximus, Hamstrings



Stand with your feet shoulder-width apart and feet pointing out slightly. Squat down your hips back and down until you reach a comfortable depth (90, Standard, Deep). Keep a slight arch in your lower back. Push through the heels of the feet and return to standing.

SUMO SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors



Take a very wide stance, toes pointing out, and cross hands over chest. Stand off back by crossing the legs and knees until the thighs are parallel to the floor. As you squat, focus on keeping your knees wide and chest up. Push down at the heels and return to standing.

COSSACK SQUAT

Quadriceps, Hip Adductors, Hip Abductors, Gluteus Maximus



From standing, step out with one leg, knee slightly pointed out. Lower yourself as deep as you can on that leg, keeping your torso upright. Your unsupported leg should be straight, ankle bent to 90 degrees and feet pointed outward. Reverse the motion to push yourself back up to the starting position.

STATIC CHAIR POSE

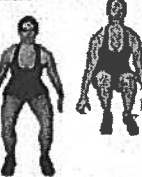
Quadriceps, Gluteus Maximus, Hamstrings, Trapezius, Erector Spinae



From standing, inhale as you raise your arms up with fingers pointing toward your thighs and exhale as you sit back to the floor. Keep your head and neck in neutral alignment. Do not let your knees go beyond your feet. Hold for 30 seconds. Repeat 10 times.

TUCK JUMP

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors



From standing, tuck your head by tucking into a tuck position. Without pushing, exhale and as you pull your knees up, tuck your head to a 90-degree position. When your knees come down.

JUMPING SQUAT

Quadriceps, Gluteus Maximus, Hamstrings



From standing, lower your arms backward to a tuck position to hold the feet. In one motion, push your arms forward and up as you explosively jump straight up. When you land, lower your body back into the starting position to complete one rep.

PISTOL SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors



Shift your weight onto one foot and lift the other off the floor. Bring the lifting leg straight out in front, as if you were about to kick up. Push at the bottom, reaching out with both feet. Slowly return to standing. NOTE: Very Challenging.

LUNGE

Quadriceps, Gluteus Maximus, Hamstrings



Stand with your feet hip-width apart. Take a big step forward with one leg, making sure the back knee toward the floor. Push back up to standing. Repeat with the other leg.

REVERSE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings



Stand with your feet hip-width apart. Take a big step backward with one leg. Drop a knee toward the floor. Push back up to standing. Repeat with the other leg.

SPLIT SQUAT

Quadriceps, Gluteus Maximus, Hamstrings



Start with feet spaced well apart, one in front of the other, hands on hips. Drop the same foot position throughout the exercise. Slowly lower your body straight down until the back knee is close to touching the floor and both knees are bent to 90 degrees. Push back up into the starting position and repeat.

CURTSEY SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors



Stand with hands on hips, feet hip-width apart. Take a big step forward with one leg, lifting it up and across to the opposite side of the body and landing it squarely on the floor. Drop the knee and foot toward the floor. Lower the back knee toward the floor, pushing just before it touches and then push back up to standing. Repeat with the other leg.

SKATER SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors



From standing, lift one foot off the floor and lift back forward, landing the landing knee while keeping the other knee bent. Push back up to standing. Repeat with the other leg. Alternating between one leg, continue until your back knee is behind the front ankle. Push, then quickly push back up to start.

SIDE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors



Standing with feet hip-width apart, take a step to the side with one foot. Bend the knee of the stepping leg and shift your weight to that side. Push your chest up and weight over your feet as you lower your torso. Push at the bottom, then push yourself back to standing.

DONKEY KICK

Gluteus Maximus, Hamstrings, Transverse Abdominis



Get on all fours with your knees directly under hips and hands under shoulders. Lift one leg off the floor, keeping the knee at a 90-degree bend. Expire push the foot of the lifted leg toward the ceiling. Inhale and return.

CALF RAISES

Gastrocnemius, Soleus



Standing on a step, have your heels hanging off the edge. Stand on a flat surface. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly. Push back down. If you are standing on a step try to slowly lower the heels beyond the level of the step to increase range of motion. Repeat.

ONE LEGGED BALANCE

Hamstrings, Gluteus Maximus, Erector Spinae, Quadriceps, Gastrocnemius, Hip Adductors



Standing with feet hip-width apart, lift one foot off the floor. Lift the other leg forward of the hips and keep your torso and leg parallel to the floor. Push. Return to start by lowering your feet on the standing leg to push your hips forward.

STEP UPS

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus



Using a step, take one step up on the raised surface and push through your heels to lift the body off the floor. As you come up, lift the other foot, and repeatedly shift your feet up to the step. Push up to the top. Carefully step back down and repeat with the other leg.

SIDE LYING LEG LIFT

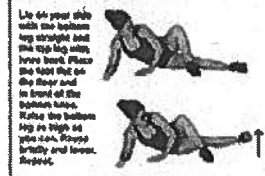
Gluteus Maximus



Lie on your side, so the body is straight through the shoulders, hips and knees. Bottom leg can be straight, bent or bent. Lift your upper leg as high as you can, keeping it straight and knee slightly bent. Repeat in a slow and controlled fashion, lower the leg.

ADDUCTOR LEG RAISE

Hip Adductors, Transverse Abdominis



Lie on your side with one bottom leg straight and the top leg bent. Place the foot flat on the floor and in front of the bottom knee. Lift the bottom leg as high as you can. Push slowly and lower. Repeat.

The exercises and advice contained on this page may be too difficult or stressful for some people. The authors and publisher of this guide are not responsible in any way whatsoever for injuries which result from their following the instructions in any way.



Safety Rules:

1. Breathe properly, exhale on exertion and inhale on return phase.
2. Stop if you feel discomfort or pain.
3. If exercising with a partner, repeat on other side.

For complete instructions on how to perform a particular exercise, consult our complete manuals.

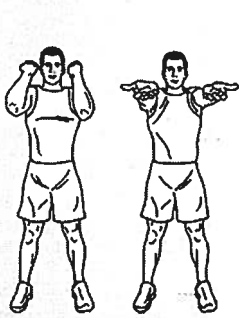
www.productivefitness.com

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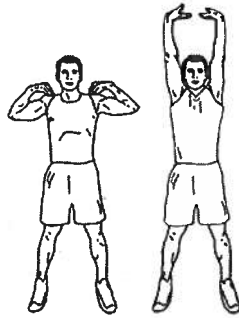
upperbody works

DAREBEE WORKOUT @ darebee.com

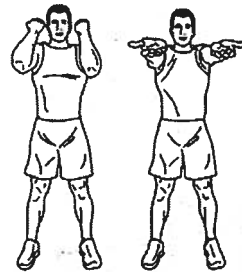
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



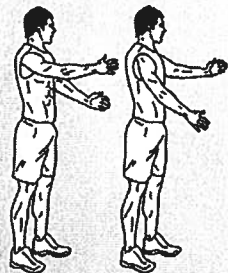
20 bicep extensions



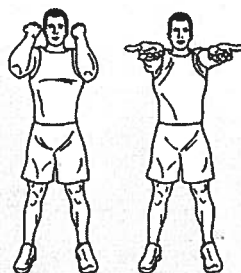
20 standing shoulder taps



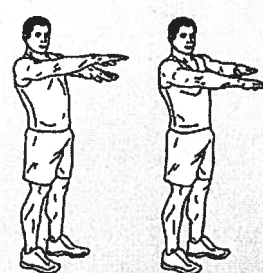
20 bicep extensions



20 scissors chops



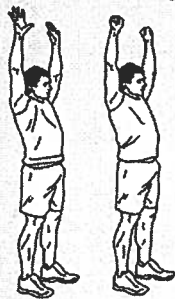
20 bicep extensions



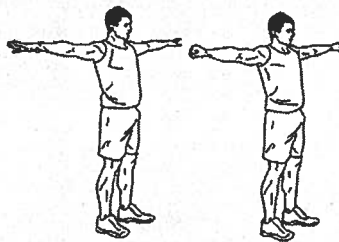
20 arm scissors

UPPERBODY TENDON STRENGTH

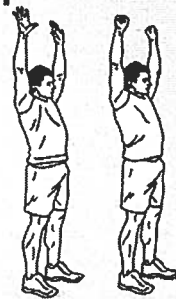
DAREBEE WORKOUT @ darebee.com



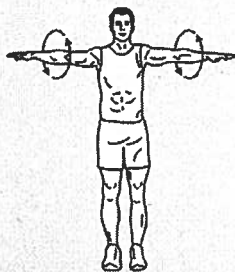
30sec clench/unclench
overhead



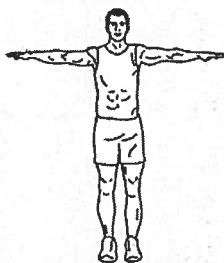
60sec clench / unclench
arms raised to the side



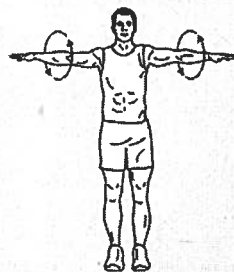
30sec clench/unclench
overhead



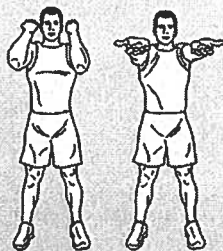
30sec raised arm circles



60sec hold



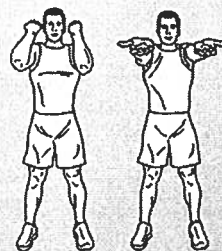
30sec raised arm circles



30sec bicep extensions



60sec hold



30sec bicep extensions

UPPER BODY

Body Weight Exercises

PUSH UPS

KNEELING PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

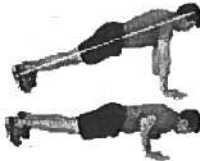
Slide the upper portion of your hands under your knees. Lower your body and keep your feet flat on the floor. Keep your arms straight. Lower your body until your elbows are at a 90-degree angle. Push up until your arms are straight again. Repeat.



STANDARD PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in the upper position with your hands slightly wider than shoulder-width apart and your feet flat on the floor. Lower your body until your elbows are at a 90-degree angle. Push up until your arms are straight. Repeat.



ALTERNATE HAND POSITIONS

Standard

Slide the feet under the hands.

Diamond

Place feet on the floor. Push up until the hands are at a 90-degree angle.

Yoga

Place feet on the floor. Push up until the hands are at a 90-degree angle.

INCLINE PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Place hands on top of a chair. Lower your body until your elbows are at a 90-degree angle. Push up until your arms are straight. Repeat.



SHOULDER TAP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in the Standard Push Up position and lower yourself to a 90-degree angle. Tap your right shoulder with your left hand. Tap your left shoulder with your right hand. Repeat.



SCORPION

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. As you lower, lift one foot off the floor and hold it up. Repeat with the other foot. Repeat.



DECLINE PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Place feet on the floor. Lower your body until your elbows are at a 90-degree angle. Push up until your arms are straight. Repeat.



CLAPPING PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique



Start in the Standard Push Up position and lower yourself to a 90-degree angle. Clap your hands together. Push up until your arms are straight. Repeat.

SPIDERMAN PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique



Start in a Standard Push Up position. As you lower your body, lift one foot off the floor and bring it towards your chest. Repeat with the other foot. Repeat.

PUSH UP WALK OUT

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique



Start in the Standard Push Up position. As you lower your body, walk your feet out to the sides. Push up until your arms are straight. Repeat.

HOVER PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique



Start in the Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Hover your feet off the floor. Push up until your arms are straight. Repeat.

SHOULDER PRESS

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Press your hands up until your arms are straight. Repeat.



PULL UPS (HAND)

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

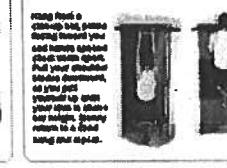
Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Pull your hands up until your arms are straight. Repeat.



CHIN UPS

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

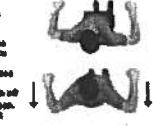
Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Chin your chest up until your arms are straight. Repeat.



SUPINE PUSH UP

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Push up until your arms are straight. Repeat.



TRICEP DIPS (BENT LEGS)

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Dip your body down until your arms are straight. Repeat.



TRICEP DIPS (STRAIGHT LEGS)

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Dip your body down until your arms are straight. Repeat.



TRICEP DIPS (RAISED LEG)

Performing Kneel, Triceps, Anterior Deltoid, Pectoralis Major, Pectoralis Minor, Serratus Anterior, External Oblique

Start in a Standard Push Up position. Lower your body until your elbows are at a 90-degree angle. Dip your body down until your arms are straight. Repeat.



For more information on the benefits of these exercises, visit our website at www.productivefitness.com.



Safety Rules: Always properly warm up and stretch on warm days. Stop if you feel any pain. If possible, use a mat or pad, especially on hard floors.

www.productivefitness.com
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DIGITAL DOWNLOAD

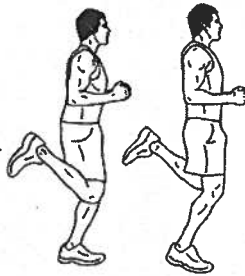
2-minute cardio

DAREBEE WORKOUT © darebee.com

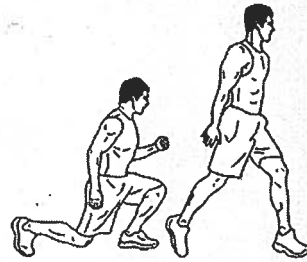
20 seconds each exercise | no rest between exercises



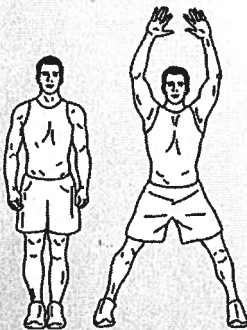
1. high knees



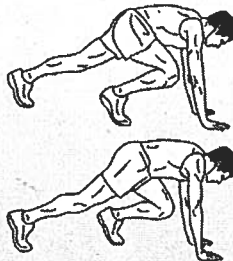
2. butt kicks



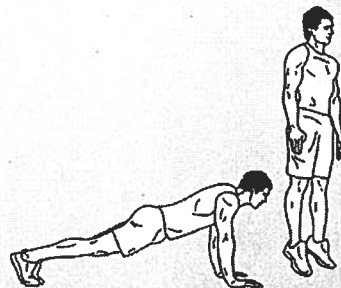
3. jumping lunges



4. jumping jacks



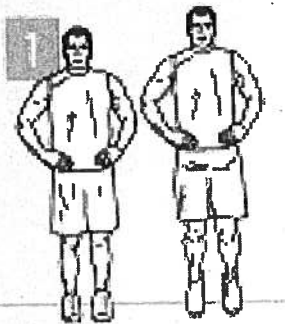
5. climbers



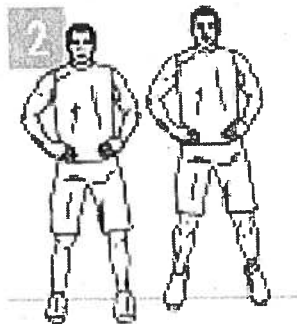
6. basic burpees

cardio jump workout

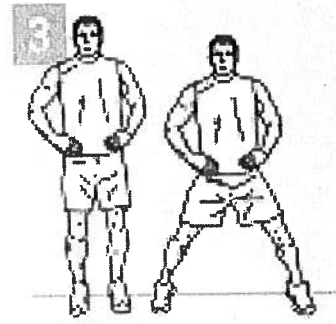
Repeat 3 times | up to 2min rest between sets
© neilarey.com



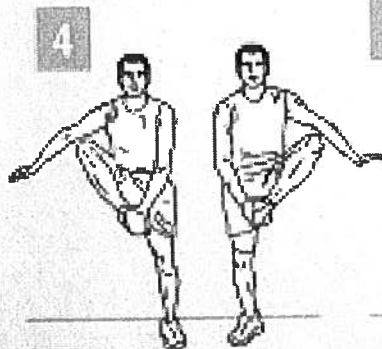
10 jump on a spot



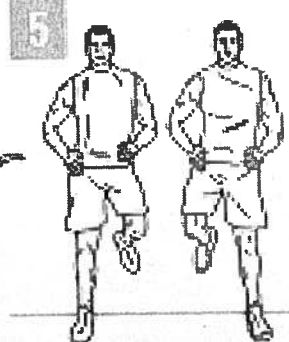
10 wide leg jumps



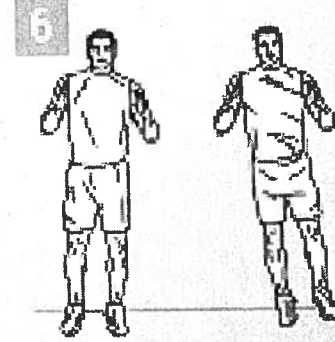
10 half star jumps



10 toe tap jumps



10 side-to-side
single leg jumps



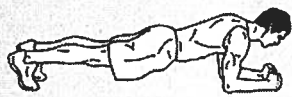
10 side-to-side jumps

www.nhs.uk **NHS** choices

core builder

DAREBEE WORKOUT © darebee.com

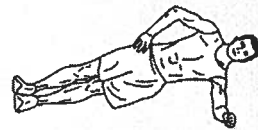
Switch sides on the fly, halfway through the exercise.



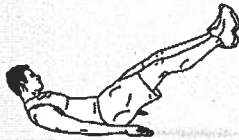
20sec elbow plank



40sec raised leg plank



40sec side plank



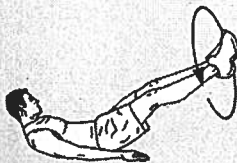
20sec raised leg hold



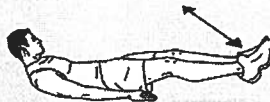
20sec leg raises



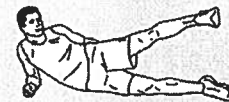
20sec slow kicks



20sec raised leg circles



20sec side-to-side filts

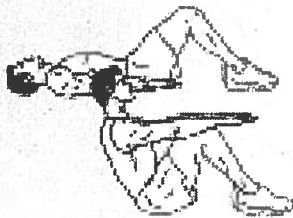


40sec side leg raises

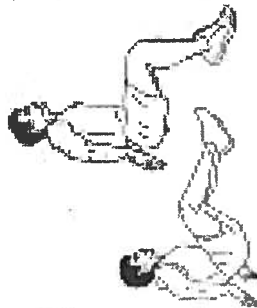
code of abs

DAREBEE WORKOUT © darebee.com

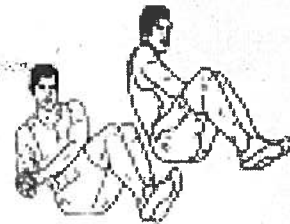
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



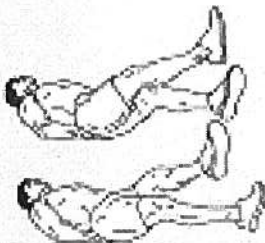
10 sit-ups



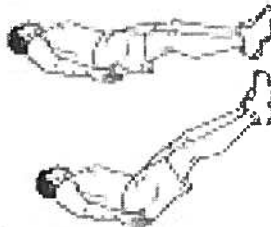
10 reverse crunches



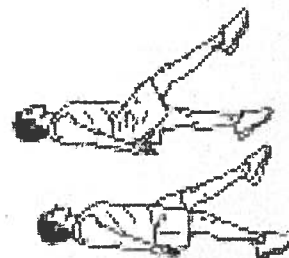
10 sitting twists



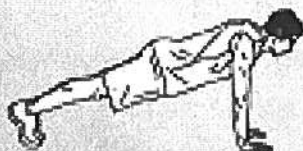
8 scissors



8 leg raises



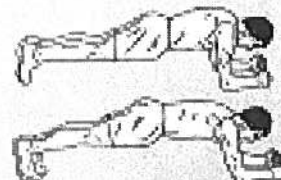
20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

PHYSICAL EDUCATION LEARNING PACKET # 1

VOLLEYBALL

INSTRUCTIONS

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

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

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 get 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.

HOW VOLLEYBALL IS PLAYED

The name "volleyball" is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.

the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.

The underhand serve is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is tossed into the air with the left hand, hit by the heel of the hand or the whole open right hand as it comes down. The underhand serve is generally not as effective as the overhand serve.

THE PASS

The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

Note that overhead passes are not used when the returning ball is a "spike."

THE SPIKE

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spike ball is hit with the heel of the hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.

THE FOREARM BOUNCE PASS-BUMP

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).

ONE-HAND BOUNCE PASS-DIG

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the fists are closed and the hands are cupped. They are then placed under the ball just before it hits the floor.

THE BLOCK

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.

A player must be directly in front of the opposing team player who is about to spike. The blocker then jumps just after the spiker has jumped. The blocker's arms should be extended upward with fingers spread wide apart. This allows the ball to bounce off the heels of the blocker's hands and land on the opposite side of the net.

This is the only move in volleyball that allows the player's hands to go over the top of the net.

EQUIPMENT AND CLOTHING

Standard clothing for playing volleyball is comfortable sportswear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play barefoot in the sand.

VOLLEYBALL NOTES AND NEWS

In recent volleyball action, the Gold Division of the United States Men's Open Championship was won by team Shakter from Belagarad, Ukraine. The Gold Division of the U.S. Women's Open was won by team Kittleman's Association (Rudi's and Nick's Fishmarket, Chicago, Illinois).

As you can see from the winners in the championships listed above, volleyball is not dominated by professional or school organizations. For example, Nick's Fishmarket is a popular restaurant in Chicago.

Volleyball is played on a court 30 feet wide by 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned eight feet from the floor or playing surface. The modern volleyball is about the size of a soccer ball.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is "volleyed" back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side.

The game has a total of 15 points. Each game must be won by a two-point margin. A match consists of three 15-point games. The team which wins two games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes. For example, if a player touches the net with the ball on a serve, the player should call out "Net!" in order to indicate the foul play.

SKILLS AND TECHNIQUES

THE READY POSITION AND JUMP

One of the basic positions in volleyball is called the "ready position." The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.

THE SERVE: OVERHAND AND UNDERHAND

Serving is the only way to make points. Thus it is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

The overhand serve is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server's head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while

The team of the University of California at Los Angeles won the Men's 1995 NCAA championship. NCAA Women's championships for Divisions I, II, and III are not available at this writing.

Volleyball is also an Olympic sport. At the 1996 Olympics, both women and men will have 12 teams in competition.

Gold Medalists in the 1992 Barcelona Olympic Volleyball competition were:

Men's Team Brazil

Women's Team Cuba

In addition to these national and international contests, local volleyball competitions are held in most states. Check your local schools and volleyball associations for coverage.

STUDENT RESPONSE PACKET

VOLLEYBALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of volleyball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Why is volleyball considered to be such a good aerobic exercise?
2. How many total points can be scored in a game of volleyball?
3. What does "a match" in volleyball consist of?
4. What clothing is typically worn for playing volleyball?

5. What is “the ready position” in volleyball and how is it used?

6. What is an overhand serve?

7. What is an underhand serve?

8. What is a pass and how is it used?

9. How is a spike ball hit?

10. How is a block used?

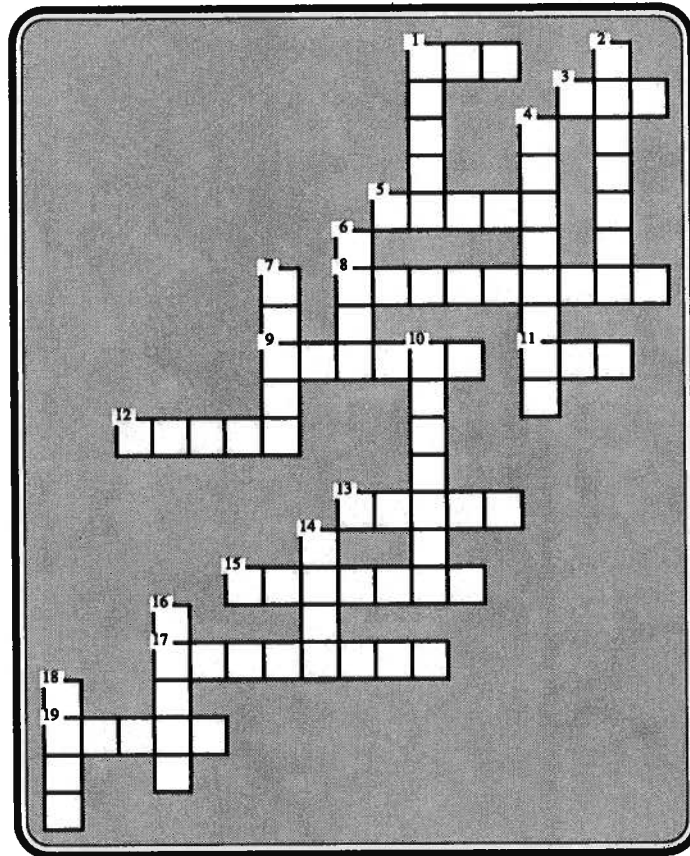
Name: _____ Date: _____

L B R L E C M T R G U M R D N B U M P G P E E R D E U A T U
L E E U M V N I M I S B M D P D E E S U N D E R H A N D D D
R E F H H U D H D T I I Y M C A C T H E F I F T E E N E B R
G T E H U N S S R C C M C M B R H I Y I D G E A S A E R T N
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O B H E U E G E B E A L T S E R V E E E S T R P D R P U E I
P T G D E K R N C I D I R N H N P E M S E P N N C S T B T K
R U S H E S M L I N E S M E N A A I X D E E N E Y Y E C E M
E H U I T B M I P C R C G E R I T G O E F E O I P E T T P R
O L B N A U E U A D E O N E K P T H C C F E O C S R E I N C
T G D E E A T P B L N R P E T R T T I E S E N A N E E C R S
M E I U D E A A M R E L S P T S S R N E N H E K I T A D B M
T H R I R G D S M E A T M E U X I N C A C R C O F V K H O E
T A L T P H I S N E E U E E P I Y L V N X R D E M C O E L M
O F V F D C E S P I K E D T O I P I B T A P C I F E S P H T

Use the clues below to discover words in the above puzzle. Circle the words.

1. It is 30 feet wide and 60 feet long
2. It is three feet high and is located in the center of the court
3. Defensive technique to stop spiked balls
4. Three 15-point games
5. Most popular serve technique
6. Total points in a game
7. The ball is put into play when one team does this
8. Institution where volleyball was founded
9. Number of minutes in a game
10. Fast offensive hit to a specific spot
11. A type of forearm pass
12. They assist the referee
13. Chief official for a volleyball game
14. First volleyball was a basketball's _____
15. Number of times the ball is volleyed across the net
16. To serve with the heel of the hand
17. The number of players on a volleyball team
18. The palm does not touch the ball during a _____
19. The forearm bounce pass-_____
20. This person assists the referee

Name: _____ Date: _____



Across:

1. The number of players on a volleyball team
3. A type of forearm pass
5. The ball is put into play when one team does this
8. To serve with the heel of the hand
9. This person assists the referee
11. It is three feet high and is located in the center of the court
12. Number of minutes in a game
13. Number of times the ball is volleyed across the net
15. First volleyball was made of this from a basketball
17. They assist the referee
19. Three 15-point games

Down:

1. Fast offensive hit to a specific spot
2. Total points in a game
4. Most popular serve technique
6. The forearm bounce pass-

7. It is 30 feet wide and 60 feet long
10. Chief official for a volleyball game
14. The palm does not touch the ball during a _____
16. Defensive technique to stop spiked balls
18. Institution where volleyball was founded