

Week 1

Sports and games

History of volleyball

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PHYSICAL & HEALTH EDUCATION - History of volleyball

History of Volleyball

Volleyball is a popular sport, played globally by people of all ages. It originated in the United States in 1895, when William G. Morgan, a YMCA physical education director, created a game combining elements of basketball, baseball, tennis and handball. Morgan wanted to create a game that would provide a moderate level of physical activity and be less physically demanding compared to basketball.

In the beginning, the first game of volleyball was played with a basketball and a net that was six feet, six inches tall. It was called "mintonette", and the aim of the game was to hit the ball over the net without it touching the ground. In 1896, a new name, "volleyball", was given to the sport by Alfred Halstead, who was the noncommissioned officer in charge of the physical education at the Haymarket YMCA in Massachusetts.

As the game grew in popularity, changes were made to the rules and equipment used. In 1916, the height of the net was raised to seven feet, six inches, and the ball was divided into panels for better visibility. In the 1920s, the first international volleyball game was played between the United States and Canada, leading to the formation of the United States Volleyball Association. In 1947, the International Federation of Volleyball (FIVB) was formed, with 14 national federations as members.

In 1964, volleyball made its first appearance in the Olympics in Tokyo, Japan. It started as an indoor sport, but in the 1996 Olympics, a beach volleyball competition was introduced. Since then, beach volleyball has grown in popularity and has been a part of every Olympics since then. Today, volleyball is played in over 220 countries, with frequent international tournaments and championships. It is also a popular school and college sport.

Rules and Regulations in volleyball

A volleyball game is played with six players on each team.

The objective of the game is to score points by hitting the ball over the net onto the opponent's side of the court.

A point is scored when the ball touches the ground on the opponent's side, or when the opponent team commits a fault.

The first team to score 25 points wins the set, and the first team to win three sets wins the match

The game starts with a serve, where a player from the serving team hits the ball over the net to the other side of the court.

Each team has three chances to hit the ball over the net, alternating between the two teams.

The ball must pass over the net and land within the boundaries of the opponent's court. If it hits the net or goes out of bounds, it is considered a fault.

The ball can be hit a maximum of three times on each side before it must be sent over the net.

Players can use any part of their body to hit the ball, as long as it is not caught or lifted.

A foul is called when a player makes a violation or breaks a rule.

Common fouls in volleyball include touching the net, stepping over the centerline, and hitting the ball out of bounds.

When a foul is committed, the opposing team is awarded a point, and they get to serve the ball.

Facilities and equipment of volleyball game

Volleyball court

Poles

Net

Officiating stand

Sub bench

Ball

Whistle

Score board

Jersey with numbers

Score sheet

Soft canvas shoes

Week 2

Sport and games

Basic Skills in Volleyball Game

Serving

Passing

Passing

Attacking

Blocking

Officials of Volleyball and their Duties

1. Referee: The referee's main duty is to manage the game. At the start of the game, the referee tosses a coin to decide which team will serve first. The referee also ensures that all the players and teams follow the rules of the game. They also call the score, determine if the ball was inside or outside the boundary line, and make final decisions on player violations.

2. Assistant Referee: The assistant referee stands at the back of the court and provides assistance to the referee. They communicate decisions to the players and coaches, and they call out any fouls like illegal hits, double hits, or net fouls.

3. Line Judges: There are two line judges, one on each side of the net. They watch the sidelines of the court and indicate if the ball lands inside or outside the boundary lines. They also call out any foul if they see it.

4. Scorekeeper: The scorekeeper keeps track of the score by using a scoreboard and informs the officials if there are any discrepancies or errors. They also keep track of player substitutions.

5. Libero Tracker: The libero tracker records and keeps track of the libero's playing time and the number of times the libero goes in and out of the game.

Week 3

Sports and Games

History of Soccer

The game of soccer has evolved from different types of games played in ancient civilizations. In Egypt, they played a game called "Harpastum" which involved kicking a ball made of papyrus. In Greece, they played a game called "Episkyros" where they used a small ball filled with air. The Chinese also had a game called "Cuju" which involved kicking a leather ball through a small hole in a net. These games all contributed to the development of modern-day soccer.

In the mid-19th century, soccer started to take shape in England. In 1863, the Football Association was formed, and they established the basic rules of the game. The first official soccer game was played between Scotland and England in 1872. As the game grew in popularity, it spread to other countries, and by the late 19th century, soccer had become a global game.

The early days of soccer had very different rules compared to the modern game. The ball was much heavier, and players were not allowed to use their hands or arms. In 1871, the ball was made rounder, and in 1937, the offside rule was introduced. The biggest change came in 1863 when the penalty kick was introduced. This happened after a player in Scotland intentionally handled the ball in the goal area to prevent a goal.

Soccer has come a long way since its early days. Today, it is the most popular sport in the world, with over 265 million players worldwide. The FIFA World Cup is the biggest tournament in soccer, and it is held every four years since its inception in 1930.

Rules and regulations in soccer

- * The ball cannot be touched by the hands or arms, except for the goalkeeper within their own penalty area.
- * The ball can be played with any other part of the body, including the feet, head, or chest.
- * Players are not allowed to use any dangerous or aggressive moves that can harm other players.
- * The game is played in two halves, with a break in between, and the team with the most goals at the end of the game wins.
- * In case of a tie, extra time may be added or a penalty shootout may be used to determine the winner.
- * Each team must have a captain who is responsible for the team's conduct and for communicating with the officials.

- * Players must wear appropriate footwear and clothing that is not dangerous to themselves or others.
- * Referees have the final say in all decisions and players must respect their decisions and not argue with them.
- * Players must always play within the boundaries of the field and not step out of bounds.
- * Players must not use any foul language or display unsportsmanlike behavior.

Facilities and equipment in soccer

1. Soccer Field: This is the most important facility in soccer. It is where the game is played and is usually made of grass or artificial turf. It is divided into two halves by the halfway line and has a goal area and penalty area.
2. Goalposts and Net: These are two vertical posts with a crossbar and a net that is placed behind the goal line. The goal is scored when the ball crosses the goal line between the goalposts and under the crossbar.
3. Corner Flag: These are flags placed at each corner of the field. They help the players know the corners of the field during the game
4. Ball: This is the most vital equipment in soccer. Usually, a leather ball with 32 pentagonal panels stitched together is used for professional games.
5. Whistle: A referee uses a whistle to start and stop the game, as well as to indicate a foul or infringement.
6. Player Kits: Players on each team wear specific colors that distinguish them from the opponent team. The kit includes a shirt, shorts, socks, and soccer boots.

Week 4

Sports and Games

Basic skills and techniques in soccer

Dribbling

Passing

Shooting

Tackling

Volleying

Faking

Kicking

Goal keeping. etc.

Officials in Soccer and their Duties

Referee: The referee is the main official of the game. Their main duty is to make sure the game is played fairly and that all players follow the rules. They have the power to give out cards and make decisions on important calls, such as penalties and fouls.

Assistant Referees: Also known as linesmen, assistant referees are responsible for the sidelines and making calls on offside and throw-ins. They also assist the referee if they need help making a decision.

Fourth Official: The fourth official is responsible for monitoring the substitutions, keeping track of added time, and assisting the referee with administrative tasks.

Fifth Official: In some leagues, there may also be a fifth official who is responsible for monitoring the game from the sidelines and advising the referee on any important calls.

Week 5

Environmental pollution

Meaning of pollution

Pollution is the presence or introduction of harmful substances or products into the natural environment.

Types of Pollution

Air pollution

Water pollution

Soil/ Land pollution

Noise pollution

Meaning of soil pollution

Soil pollution is the contamination of soil that affects its natural quality and reduces its ability to support plant growth.

Causes of soil pollution

1. Natural causes

Acid rain

Geological Processes

Volcanic Eruption

2. Man made causes

Improper Waste Disposal

Agricultural practices

Mining and Excavation

Industrial activities

Effect of Soil pollution

*It can contaminate our food and water sources, leading to health problems such as cancer, birth defects, and reproductive issues.

*The toxins in polluted soil can also enter our bodies through the air we breathe, causing

respiratory issues.

*polluted soil can decrease the fertility of land, making it difficult to grow crops and leading to food scarcity.

*Polluted soil can cause plants to absorb harmful substances, making them inedible and disrupting the food chain.

*Animals who feed on these plants can become sick or die, leading to a decrease in biodiversity.

*The destruction of habitats due to soil pollution can also have a devastating effect on wildlife.

Control of Soil Pollution

* Proper disposal of waste and litter in designated areas

* Recycling and reusing materials instead of discarding them

* Using organic and natural pesticides and fertilizers in agriculture

* Regular inspections and maintenance of factories to prevent chemical spills

* Planting trees and other vegetation to absorb pollutants

Week 6

Environmental Pollution

Meaning of water

Water pollution is the contamination of water bodies such as lakes, rivers, oceans, and groundwater.

Causes of water pollution

1. Agricultural activities.
3. Industrialization
2. Domestic sewage.
4. Mining activities.
5. Oil spills

Effect of water pollution

- a. Damage to aquatic life: Water pollution can kill aquatic organisms such as fish, frogs, and turtles and destroy their habitats.
- b. Human health problems: Contaminated water can cause diseases like cholera, diarrhea, and skin infections in humans.
- c. Economic impact: Water pollution can lead to economic losses, especially in coastal communities where fishing and tourism are major sources of income.
- d. Disturbs the ecosystem: Water pollution can disrupt the delicate balance of an ecosystem and lead to the extinction of certain species.
- e. Access to clean water: Water pollution can affect the availability of clean and safe water for drinking and other purposes.

Control of water pollution

- a. Reduce, reuse, and recycle: Proper waste management can reduce the amount of waste that ends up in water bodies.
- b. Use eco-friendly products: Use of eco-friendly cleaning products, pesticides, and fertilizers can reduce the amount of harmful chemicals that end up in water bodies.
- c. Proper sewage treatment: Proper treatment of sewage before releasing it into water bodies can reduce the amount of harmful bacteria and chemicals.
- d. Educate the public: Awareness campaigns can educate people about the importance of preventing water pollution and how they can contribute to it.
- e. Strict regulations: Governments can enforce strict regulations on industries and other polluting activities to reduce water pollution.

Week 7

Environmental Pollution

Purification of Water

Purification of water is the process of removing harmful substances, germs, and pollutants from water to make it safe for consumption.

Method of Water Purification

Filtration method

Boiling method

Chemical purification method

Ultraviolet purification method

Week 8

Environmental Pollution

Meaning of Air pollution

Air pollution is defined as the presence of harmful substances in the air, such as chemicals, gases, and particles, that can cause harm to humans, animals, and the environment.

Cause of Air pollution

Industrial activities such as manufacturing and mining

Motor vehicle emissions

Burning of fossil fuels

Poor waste management practices also contribute to air pollution.

Control of Air Pollution

1. Reduction of sulphur content in fuel
2. Replacing automobile diesel engine with solar energy devices
3. Dispersion of air to reduce concentration of pollutant in the air
4. Analysing air to determine the type of pollutants it contains and taking necessary corrective action etc

Safety

Meaning of safety

Safety can be defined as a state of being free from harm or injury. It is a condition where an individual is protected from danger or risk. In other words, safety is the act of taking necessary precautions to prevent harm or danger.

Importance of safety

1. One of the important if safety is to prevent accidents. Accidents can happen unexpectedly and could result in serious injury or even death. By being safe, we not only protect ourselves but also those around us.
2. Safety also helps us to take responsibility for our actions. It teaches us to be mindful of our actions and the consequences they may have. By following safety rules, we show that we are responsible and care for our own well-being and the well-being of others.
3. Safety also extends to our homes and communities. We should always practice safety in our surroundings and report any potential hazards to the appropriate authorities.etc

By following safety measures, we protect not only ourselves but also our loved ones. So let us all make safety a priority in our lives. See you next class

Safety for the Pedestrians

1. Always remember to use crosswalks and sidewalks when walking.
2. Make sure to look both ways before crossing the street and never assume the driver can see you.

Safety for Motorist

1. Remember to always follow traffic laws and be patient with other drivers.
2. Be sure to check your mirrors frequently and avoid distractions, such as texting or eating while driving.
3. Always wear your seatbelt for added safety.

Safety for Cyclists

1. Always wear a helmet to protect your head and follow the same traffic rules as motor vehicles.
2. When riding at night, make sure your bike is equipped with lights and reflectors so that others can easily see you.

Safety guidelines for pedestrians

1. Crossing the road at designated areas - When using a pedestrian crossing, make sure to look both ways before you cross. This will ensure that you can cross the road safely. Also, look out for any traffic lights and always cross when the green man is showing.
2. Using the pavement - The pavement is for pedestrians only. So, if you are travelling on foot, be sure to keep on the pavement. Do not run or cycle on the pavement, as that is reserved for walkers and can cause accidents.
3. Always be aware - It is important to be alert while walking. Listening to music or texting on your phone while walking can make you less aware of your surroundings, which can result in accidents. Instead, make sure to keep your focus on what is ahead.
4. Wearing appropriate clothing - It is important to dress appropriately, depending on the weather. Make sure to wear bright and reflective colours if you are walking at night. This will make you more visible to drivers which will help to keep you safe.

Safety guidelines for cyclist

1. Safety Gear: Wearing the right safety gear is crucial when cycling. A helmet is the most important piece of gear that every cyclist should own. It protects your head from potential injuries and can save your life in the event of an accident. Other safety gear like reflective clothing, lights, and a bell or horn can also help other road users see you and avoid accidents.
2. Safety Checks: Before you take your bike on the road, it's important to check if it is in good working condition. Check your brakes, tires, gears, and chain to make sure everything is working properly. If you're unsure, take your bike to a professional for a safety check. This will not only prevent accidents but also make your ride more comfortable.
3. Follow Traffic Rules: Bicycles are considered as vehicles and need to follow the same rules as other motorists. This means stopping at stop signs and red lights, signaling when turning, and keeping within the speed limit. Riding on the right side of the road and using hand signals properly will also make it easier for other road users to understand your intentions and avoid accidents.
4. Be Alert: Stay alert at all times when cycling. This means paying attention to your surroundings, listening for traffic sounds, and looking out for potential hazards. Make sure you have a clear view ahead and use mirrors if necessary. Avoid distractions like using your phone, wearing headphones, or carrying large loads that can affect your balance and endanger your safety.

Safety guidelines for Motorist

1. it is important for motorists to regularly check and maintain their vehicles to prevent

breakdowns and accidents.

2. Drivers should also be aware of their surroundings and be cautious of hazardous road conditions such as potholes, wet or icy roads, and construction zones.

3. Drivers should also be aware of their surroundings and be cautious of hazardous road conditions such as potholes, wet or icy roads, and construction zones.

4. one should always have a safety kit in their vehicle that includes a first aid kit, flashlight, and emergency contact information.

Contact and Non Contact Sport

Meaning of contact sport

Contact sports are activities that involve physical contact between players.

Types of Contact Sport

1. Rugby
2. Boxing
3. Wrestling
4. Hockey
5. Martial arts.

Basic Skills in Contact Sport

1. Coordination: This is the ability to use different body parts together effectively. It is essential in contact sports, as it allows players to move quickly and change direction while maintaining balance.
2. Speed: Speed is the ability to move quickly from one point to another. This is important in contact sports, as it allows players to outrun opponents and create scoring opportunities.
3. Strength: Strength is the ability to apply force using your muscles. It is crucial in contact sports, as it allows players to overpower opponents and hold their ground in physical situations.
4. Agility: Agility is the ability to move and change direction quickly and efficiently. In contact sports, this skill is essential for evading opponents and making quick movements.
5. Communication: Communication is the ability to effectively convey information to your teammates. In contact sports, communication is crucial for coordinating plays and achieving team goals.