

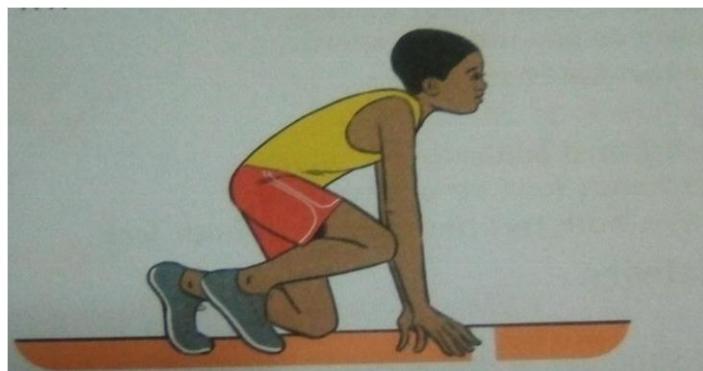
PHYSICAL HEALTH EDUCATION

GRADE 6 NOTES

ATHLETICS: TRACK EVENTS

Bunch Start

- Also known as the bullet start.
- In this start the knee of the rear leg is opposite the toe of the leading leg. The hands are placed shoulder width apart behind the starting line.



Safety instructions

- Use your lane and stick to it
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions
- Warm up adequately before participating in an activity

Warm up activities

1. Running on the spot

Learning points for running on the spot

- Lift your right arm and left foot at the same time
- Raise your knee
- At the same time, move your right arm and your left arm forward and up
- Switch to the opposite foot quickly
- Start slowly as you increase speed
- Continue the these movements

2. Rabbit hops

- Stand with feet shoulder width apart
- Keep your hands held at the chest
- Take off with both feet and land with both feet.

Cool down activities

1. Slow march
 - Stand feet shoulder width apart
 - Arms bent at the elbows
 - Bring your right elbow forward at the same time as you bring your left knee up.
 - Repeat on the opposite side and keep alternating sides until there is rhythm. 
 - Perform the activity very slowly.

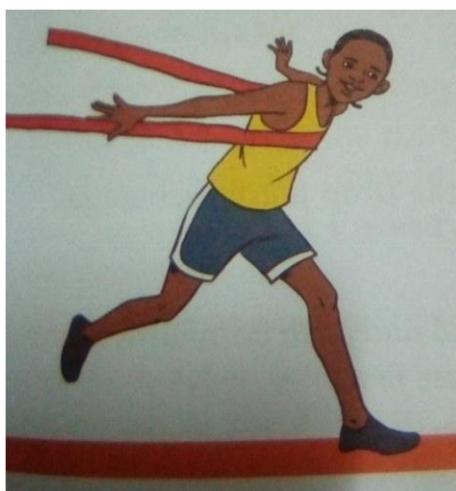
Learning points for the bunch start

On your command, On your marks, Go to the starting line on crouch position.

- Place the legs such that the toes of the rear foot are approximately in line the heel of the front foot.
- Place both feet behind the starting line
- Place the arms straight shoulders width apart with fingers spread behind the line and thumb turned away.
- Keep the head in line with the body, eyes focused ahead down on the lane.
- On the set command, go in ready position with the whole body and raise the hips just above the shoulders.
- On the command go, press hard against the ground for a forward push as you accelerate down the lane.

Drop finish technique

- It is a method of finishing.
- The athlete bends, pushes both arms backwards and steps to the finishing line.
- They touch the tape with chest
 - a. Approach the finishing line at full speed.
 - b. Focus ahead.
 - c. On finishing a step to the finishing line, bend and push both arms backwards and touch the finishing line with your chest first.



Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Warm up adequately before participating in an activity

Warm-Up Activities

1. Plucking Partner's Tail

- Each person tucks a “tail” (piece of cloth) into the back of their shorts or trousers.
- Run after a partner and try to pluck their tail while keeping yours safe.
- Play for one minute, then change partners.

2. Squat Jumps

- Start in a squat position with your arms by your sides.
- Swing your arms towards the sky and jump.
- Land gently on the balls of your feet and return to a squat position.
- Repeat the activity for one minute.

3. Lateral Rabbit Jumps

- Make small jumps side to side as if you are jumping over an object.
- Keep your legs as close together as possible.
- Swing your arms to help you jump.

Cool-Down Activities

1. Curling and Stretching

- Lie on the right side of your body.
- Fold your legs and pull them towards your chest.
- Slowly stretch your hands and feet.
- Repeat the activity three times.

2. Slow Dance

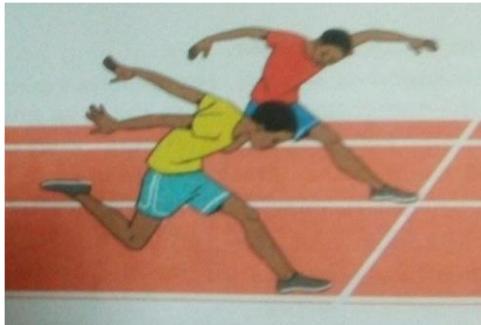
- Stand freely.
- Dance in slow motion for 30 seconds.
- Rest for 5 seconds and repeat.

Learning Points to Perform the Drop Finish Technique

- Approach the finishing line at full speed.
- Focus ahead.
- On the final step before the finishing line, bend forward, push both arms backwards, and touch the finishing line with your chest first.

Shoulder Shrug Technique

- It is a method of finishing a race.
- In the last stride, the athlete bends one shoulder so that the chest turns sideways while touching the tape or crossing the finish line.



Safety Instructions

- Ensure proper spacing during drills and practice.
- Wear appropriate Physical and Health Education (PHE) attire during activities.
- Follow the teacher's instructions during practice.
- Warm up adequately before participating in any activity.

Warm-Up Activities

1. High Knees

- Jog in place, bringing your knees up as high as possible.

2. Arm Rotations

- Stretch out both arms to shoulder level.
- Rotate them forward and backward.

3. Cross Jacks

- Stand with your feet shoulder-width apart.
- Extend your arms straight out on either side with palms facing down.
- Jump and cross the right arm over the left arm and the right foot over the left foot.
- Jump again, spreading your legs to the sides and opening your arms.
- Cross with the opposite arm and foot and continue alternating.

Cool-Down Activities

1. Copy Me

- Take turns demonstrating your favorite stretch.
- The others copy the demonstration.
- Perform the stretches slowly.

2. Slow Skip

- Skip for a distance of 2 metres.
- Gradually reduce the skipping distance and speed until you are skipping in one place.
- Begin marching slowly on the spot, then stop.

Learning Points to Perform the Shoulder Shrug Technique

- Approach the finishing line at full speed.
- Focus ahead.
- On your last stride before the finishing line, bend one shoulder so that the chest turns sideways as it touches the tape or crosses the finishing line.

Non-Visual Baton Exchange (Down-Sweep Method) in Relays

The Non-Visual Baton Exchange Method

- This is where the outgoing runner receives the baton without looking at it being placed into the hand.
- The receiving hand carries the baton without transferring it to the other hand.

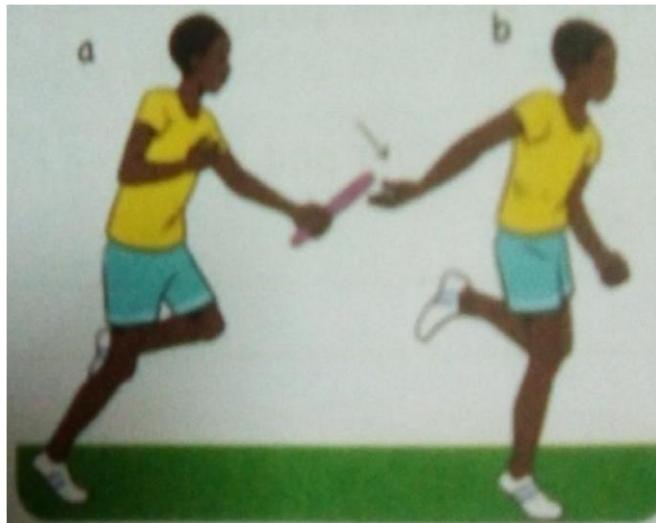
Learning Points for the Non-Visual Baton Exchange Method

The Incoming Runner

- Run at speed within your lane.
- Reach the receiving runner at full speed.
- Extend the hand carrying the baton and pass it into the receiver's hand using a downward sweeping motion.

The Outgoing Runner

- Extend the receiving hand behind at hip level while focusing ahead and accelerating down the lane.
- The palm should face up, forming a wide angle between the thumb and the other fingers.
- After the baton is placed in the receiving hand, hold it tightly.



Safety Instructions

- Ensure proper spacing during drills and practice.
- Wear appropriate Physical and Health Education (PHE) attire during activities.
- Follow the teacher's instructions during practice.
- Do not throw the baton to one another.
- Warm up adequately before participating in any activity.

Warm-Up Activities

1. Pluck Partner's Tail

- In pairs, take turns running after each other, attempting to pluck a tail tied at the back.

2. Walking Knee Hugs

- Take a step forward and raise one knee up.
- Hold the knee with both arms and pull it towards your chest.
- Alternate legs as you move forward.

3. Cycling in the Air

- Lie on your back.
- Raise your legs and move them as if riding a bicycle.

Cool-Down Activities

1. Toe Touch

- Reach up as high as you can for 20 seconds.

- Then bend down and touch your toes for 20 seconds.

2. Climb the Staircase

- Pretend to climb a staircase.
- Stretch your knees and arms as you “climb.”

Field Events

Field events are categorized into:

- a. **Jumps** – High jump, pole vault, long jump, and triple jump.
- b. **Throws** – Discus, javelin, shot put, and hammer.

High Jump

- It is a field event in which competitors jump unaided over a horizontal bar placed at measured heights without dislodging it.
- The two main considerations are lift and clearance.

Facilities and Equipment in High Jump

Safety Instructions

- Ensure proper spacing during drills and practice.
- Wear appropriate PHE attire during activities.
- Follow the teacher’s instructions during practice.
- Ensure the runway is free from obstacles.
- Use flat ground.
- Allow only one learner to jump at a time.
- Warm up adequately before participating in the activity.

Warm-Up Activities

1. Jumping Jacks

- Stand with your legs shoulder-width apart, knees slightly bent, and hands at your sides.
- Jump and spread your arms and legs out to the sides.
- Raise your arms above your head and spread your legs wider than shoulder width.
- Return to the starting position and repeat several times.

2. Skip and Hop

- Move forward, stepping from one foot to the other with a hop.
- Raise the arm opposite to the moving foot alternately.

3. Press-Ups

- Place your hands on the ground facing down.

- Extend your legs back and balance on your hands and toes.
- Keep your body straight.
- Bend your elbows and lower yourself until they form a 90-degree angle.
- Push back up to the starting position.

Wind Break Activity

- Pretend you are in a windstorm, with your arms blowing like branches.
- Start with strong movements and gradually reduce them as the “wind” calms down.

Facilities and Equipment in High Jump

- The facility used in high jump is a space where a runway is marked.
- There is a landing area where suitable landing materials are placed, such as sawdust or landing mattresses.
- Equipment includes a crossbar, uprights, and a tape measure.

Rules Followed in High Jump Practice

- Do not touch the ground beyond the plane of the upright before take-off.
- Take-off must be done on one foot.
- Do not dislodge the bar while attempting the jump.

Styles of High Jump

1. The Scissors
2. The Straddle
3. The Fosbury Flop
4. The Western Roll

Scissors Technique in High Jump

- This is a method of clearing the bar in high jump.
- It involves the legs making a crossing action over the crossbar during flight.
- The crisscrossing movement gives the technique its name, “scissors.”



Safety Instructions

- Ensure proper spacing during drills and practice.
- Wear appropriate PHE attire during activity.
- Follow the teacher's instructions during practice.
- Ensure the runway is free from obstacles.
- Use a flat ground.
- Jump one learner at a time.
- Perform adequate warm-up before participating in any activity.

Warm-Up Activities

1. Jumping Jacks
 - Stand with your legs shoulder-width apart, knees slightly bent, and hands by your sides.
 - Jump and open your arms and legs out to the sides. Arms come above the head and legs wider than shoulder width.
 - Close your arms and legs back to your sides, returning to the start. Repeat several times.
2. Side Shuffle
 - Stand with your feet hip-distance apart.
 - Bend forward at the hips, knees slightly bent, chest lifted, and look forward.
 - Hold your hands in loose fists in front of your chest.
 - Move to the right using small, quick shuffle steps for 15 meters.
 - Repeat movement to the left side. Continue shuffling right and left.
3. Lunges
 - Start by standing tall.
 - Step forward with one foot until your leg reaches a 90-degree angle.
 - Lift your front lunging leg to return to the starting position.
 - Repeat 5 times on one leg, then switch to the other.

Cool-Down Activity

1. Stretch and Spell
 - Use a body stretch to spell the word “HORSE,” one learner at a time.
 - Hold each letter position for 3 seconds before moving to a different letter.

Learning Points for High Jump Technique

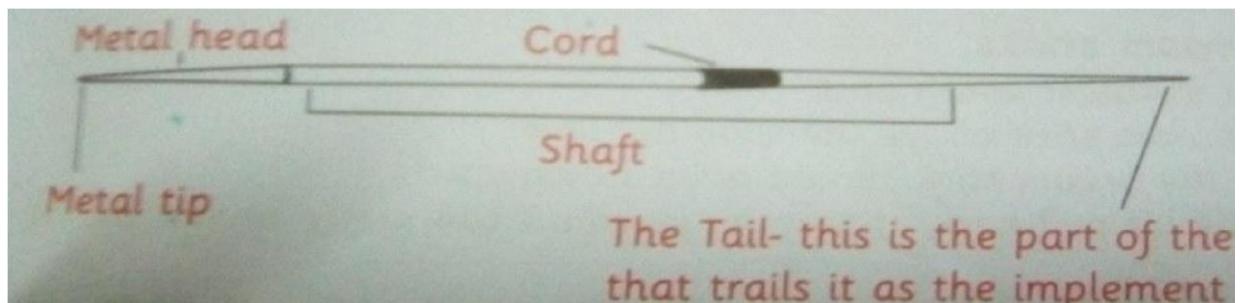
- **Approach:** Approach the bar at a comfortable speed.
- **Takeoff:** Hold your shoulders high and flex the takeoff leg to launch yourself into the air.
- **Flight:** Hold the leg nearer the bar straight and swing it into the air to clear the bar.
 - Once your lead leg is over the bar, kick the other foot to clear the bar.
- **Landing:** Land on your feet to complete the jump.

High Jump Safety Measures

- Perform warm-up activities before participation.
- Attempt jumps one learner at a time.
- Use the runway only when it is clear.
- Ensure the material on the landing area is properly placed before attempting a jump.
- When the bar is displaced, pick it up and place it on the upright before attempting another jump.

Equipment and Sector in Standing Javelin

- Standing javelin throw is a field event where the javelin, a spear about 2.5 meters long, is thrown.
- A javelin is a spear-shaped implement with several parts:
 - Metal Head:** The part that has a metal tip.
 - Metal Tip:** Made of metal, it determines the exact measurement outcome once the javelin lands.
 - Cord Grip:** Covers a section of the shaft and is the part held by the thrower.
 - Tail:** The part of the javelin that trails as the implement is thrown.
 - Shaft:** The largest part of the javelin; the cord grip is within the shaft.



Javelin sector

- ② The javelin throw facility includes a runway, a throwing arc and a landing sector.



Fig. 1.19: The javelin sector

Safety Instructions

- Ensure proper spacing during drills and practice.
- Wear appropriate PHE attire during activity.
- Follow the teacher's instructions during practice.
- Do not stand in the way of the javelin or where it is landing.
- Carry the implements back after a throw.
- Perform adequate warm-up before participating in any activity.

Warm-Up Activities

1. Jumping Jacks
 - Stand with your legs shoulder-width apart, knees slightly bent, and hands by your sides.
 - Jump and open your arms and legs out to the sides. Arms come above the head and legs wider than shoulder width.
 - Close your arms and legs back to your sides, returning to the start position. Repeat several times.
2. Ankle Circles
 - Stand with feet hip-width apart and arms by your sides.
 - Shift your weight to the right leg and point your toes down to the ground.
 - Rotate your left foot using small circles at the ankle. Repeat with the right foot.
3. Shoulder Rotation
 - Stand tall with your arms by your sides.
 - Swing your arms forward as high as you can without raising your shoulders.
 - Return your arms to the starting position and repeat the action.

Cool-Down Activity

1. Climb the Staircase
 - Pretend to climb a staircase.
 - Stretch your knees and arms as you climb.

Standing Javelin Throw

- Proper technique requires the athlete to hold the javelin with only one hand on the cord grip.
- The javelin must be thrown with an over-the-shoulder motion.
- The competitor cannot turn their back to the throwing area until the javelin is airborne.

Skills in Standing Javelin

1. The stance
2. Grip

3. Release
4. Recovery technique

Using the Real Implement

- Always carry the javelin vertically with the point down.
- Be aware that the tail is as potentially dangerous as the tip.
- Never run to collect a javelin.
- Take care when removing the javelin from the ground; ensure the surrounding area is clear.
- When not in use, javelins should be firmly stuck into the ground in a vertical position.

Warm-Up Activities for Standing Javelin

1. Bodyweight Squats

- Stand with your hands on the back of your head and feet shoulder-width apart.
- Turn your feet slightly outward to open the hip joint.
- Lower your body until your thighs are parallel to the floor. Pause, then return to the starting position.

2. Arm Swinging

- Hold your arms straight out to the side.
- Swing them and cross in front of your chest.

3. Hip Circles

- Stand tall with feet hip-width apart.
- Keep your hands in front of your stomach.
- Pull your right knee up until it is parallel to the floor, then rotate it outward to open the hip.
- Return to the starting position and repeat with the other side.

Cool-Down Activity

1. Heel and Toe Walks

- Walk in circles on your heels for 20 seconds.
- Walk in circles on your tiptoes for 20 seconds.

Phases of the Standing Javelin Throw (Learning Points)

1. The Stance

- Stand with feet flexed; the foot opposite the throwing hand slightly forward.
- Point your toes in the direction of the throw.

2. The Grip

- Grip the javelin so it lies along the palm of the hand facing upwards.

- Hold it firmly but relaxed without tension in the forearm.
- The thumb and first two joints of the index finger are behind the cord.
- The index finger supports the shaft.

3. The Finish Grip

- The middle finger rests closer to the top of the cord, and the index finger wraps higher along the shaft.

4. Recovery

- The athlete should try to balance to avoid falling.

Measuring the Distance

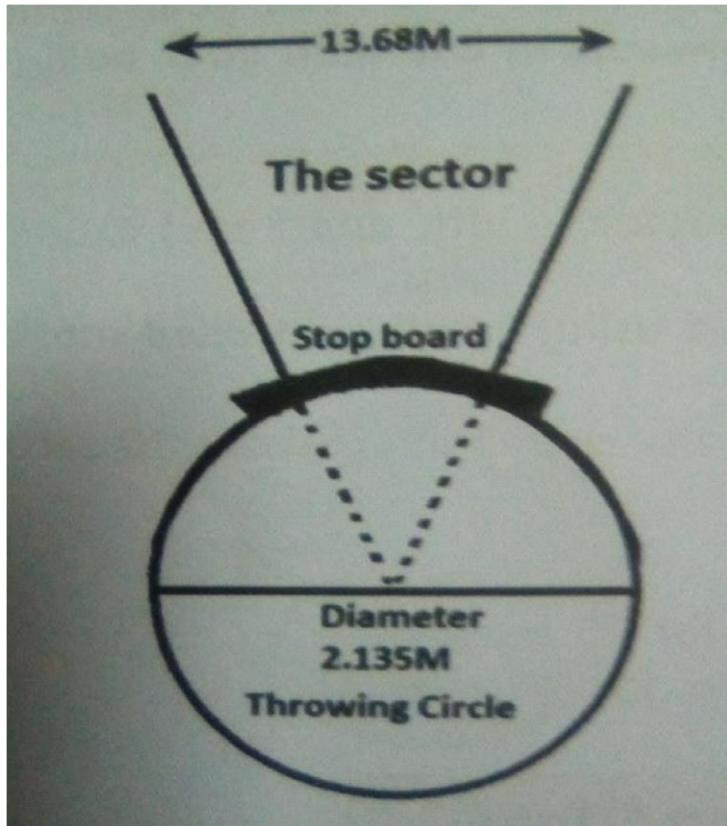
- Measure from the point where the tip of the javelin first strikes the ground.
- The zero of the tape measure is at the point where the javelin tip strikes the ground.

Shot Put

- Shot put is a field event where the athlete “puts” (throws) a heavier ball for distance.
- The athlete competes for distance thrown.
- The implement is made of solid iron or brass.
- The shot is put with one hand, held next to the neck.
- It may not drop below or behind shoulder level at any time.

Shot Put Sector

- The shot put sector features a throwing circle from which an athlete puts the shot and a throwing sector shaped like a triangle.
- The circle has a diameter of 2.135 meters.
- The throwing sector measures 13.68 meters at its widest and extends up to 20 meters.



Throwing Styles

1. Standing Style
2. O'Brien Style

Standing Shot Put Safety Instructions

- Do not throw the shot until the teacher gives you permission.
- Do not retrieve the shot until the teacher gives you permission.
- Wear appropriate attire.

Warm-Up Activities

1. Mountain Climbers
 - Place both hands and knees on the floor.
 - Position your right foot near your right hand and extend your left leg behind you.
 - In one smooth motion, switch your legs while keeping your arms in the same position.
2. Side Stretch
 - Stand with feet slightly wider than shoulder-width apart.
 - Lean your body to the right side and bend your right knee slightly.
 - Stretch your left arm upwards in line with your body.
 - Repeat on the opposite side.

3. Arm Circles

- Stand with your feet shoulder-width apart and extend your arms parallel to the floor.
- Circle your arms forward using small, controlled motions, gradually making the circles bigger.
- Reverse the direction of the circles after about 10 seconds.

Cool down activity

1. Httl and tot

- Walk in circles on heels for 20 secon's
- Walk in circles tp toes for 20 secon's

Safty vnitructoni

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Putt the shot towards one end
- Do not stand on the side where the shot is landing
- Carry the implement back
- Perform warm up adequately before participating in an activity

Warm activities

1. Back pedalling

- Run backwards with short, quick pumping your arms and landing on the balls of your feet
- Keep your chest up and take as many steps as possible

2. Plank walk out

- Start in a standing position
- Bend forward until you touch the ground with your hands
- Slowly walk your hands forward as far as you can
- Pause then walk your hands back towards your feet
- Repeat several times

3. Arm swings

- Hold your arms out to the side
- Swing them and cross them in front of your chest

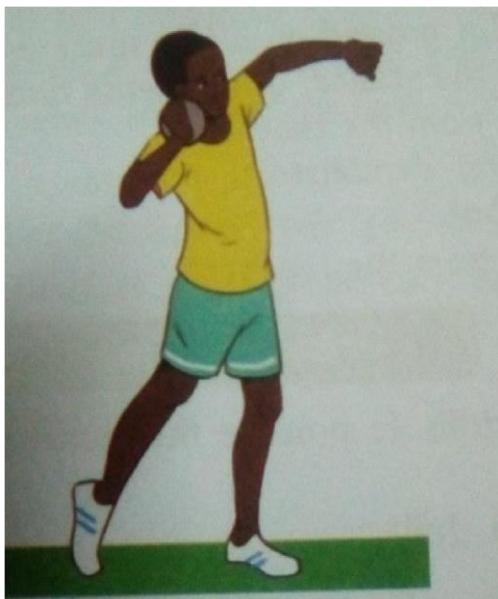
Cool down activity

Slowly walk within the marked area

Learning points a.

Stance and grip Stance

Stand with the feet shoulder width apart parallel to the target holding the shot

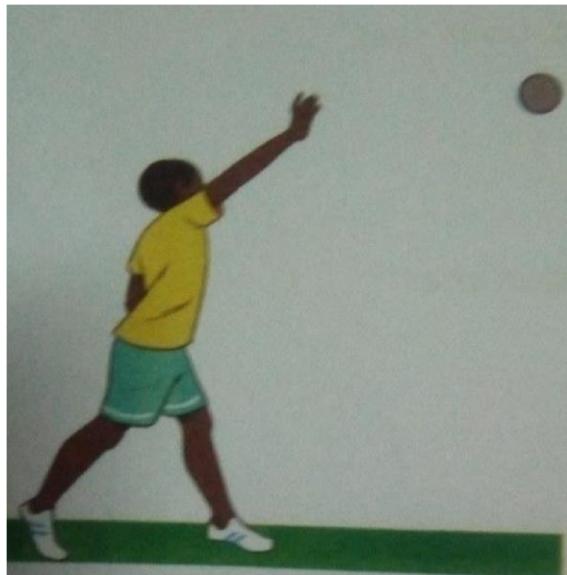


b. Grip

- Hold the shot with the base of the fingers
- Spread the fingers slightly apart and the thumb sed for support
- The hand be bent back in a cocked position holding the shot
- The elbow is held up to the side, away from the body
- The thumbs should be pointing down the palms facing outwards and the fingers behind the shot(elbows up, thumbs down, palms out position)

c. Release and recovery

- Stand with the feet parallel to the target
- Place the shot under the jaw and against the neck
- Extend the non putting arm towards the target
- Release the shot



d. Recovery

Extend the wrist to flick the shot off the fingers as it leaves the hand for recovery

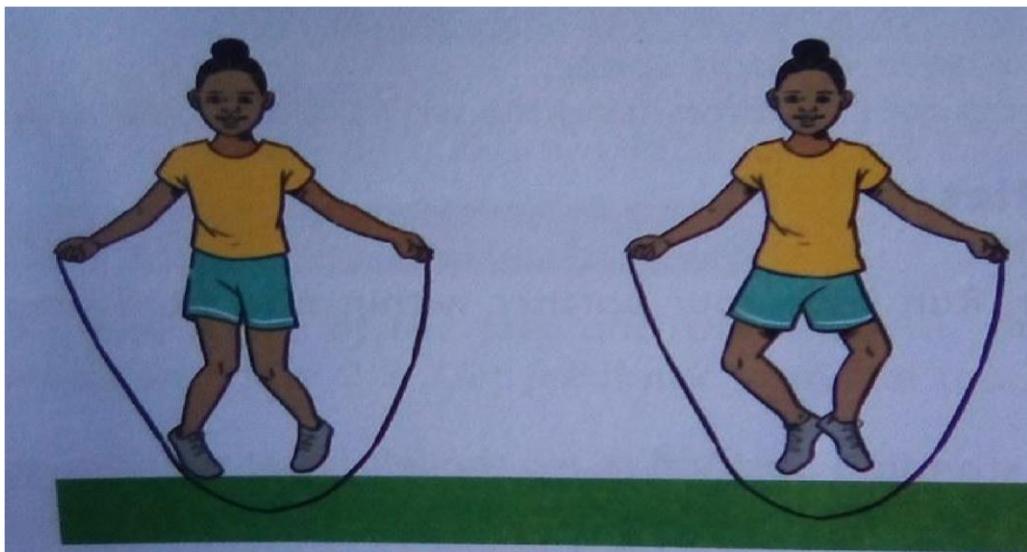
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IMPLEMENT	U13	U15	U17	Junior men	Senior men	U13	U15	U17	Junior women	Senior women
SHOT PUT	3kg	4kg	5kg	6kg	7.26kg	2.72kg	3kg	3kg	4kg	4kg
DISCUSS										
HAMMER										
JAVELIN	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g

ROPE WORK

WOUNDED DUCK

❑ Is a technique which involves rope skipping with toes touching and heels apart, then heels touching and toes apart.



Safety Instructions

- Wear comfortable shoes.
- Use the correct grip and rope size.
- Skip the rope on a flat and smooth surface.
- Keep a safe distance from other skippers.
- Use the correct skipping technique and maintain proper posture.
- Warm up before and cool down after skipping.
- Land on the balls of your feet.
- Jump approximately 3.5 cm off the ground.
- Ensure there is enough space around you.
- Generate the jump rope rotation using your wrists; do not throw with your arms.

Warm-Up Activities

1. Tagging a Partner

- Look for a partner.
- Run within a marked area and try to tag each other.

2. Leg Swinging

- Start from a standing position with your left leg stationary on the ground.
- Slowly swing the right leg forward and backward while keeping it straight.
- Switch legs and repeat.

3. Arm Circling

- Stand with both feet comfortably apart.
- Stretch both arms forward.
- Open and close the fingers continuously.
- Stretch the arms sideways and then upwards.

Cool-Down Activities

1. Light Walking

- Walk slowly around the marked area.

2. Arm Swinging

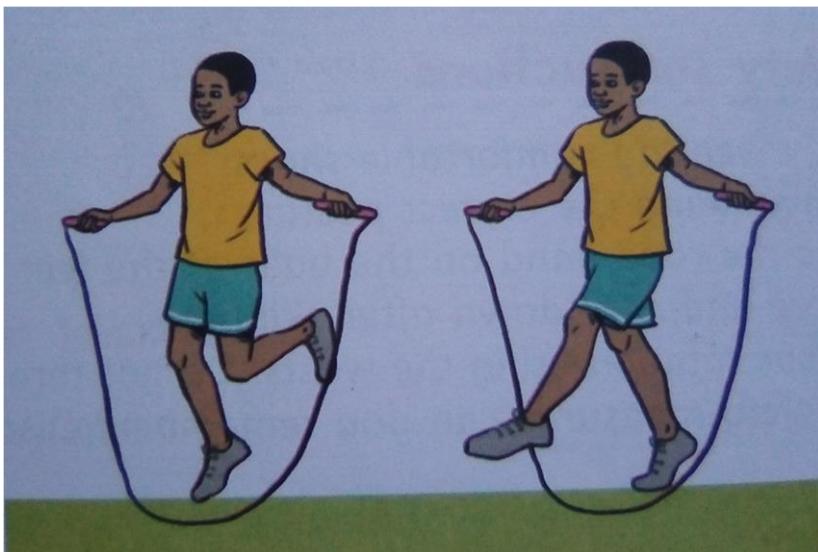
- Stand with feet comfortably apart.
- Bend the body forward and swing arms slowly to the left and right.

Learning Points to Perform the Wounded Duck Technique

- Jump over the rope and land with your toes and knees inward and heels apart.
- Jump over the rope and land with your toes and knees outward and heels together.
- Alternate toes in and toes out while keeping a rhythm.

Swing Kick

- This is a technique that involves swinging the foot backward and then kicking it forward while skipping with a rope.



Safety instructions

- Ensure you are wearing comfortable shoes while maintaining the correct posture
- When skipping the rope, land on the balls of the feet.
- Warm up before and cool down after skipping
- Generate the rope rotation using the wrists. Do not throw your arms wide.

Warm activities

1. Taggng a partntr

② Look for a partner. Run with your partner within a marked area you try to tag each other

2. Leg swing

- Start from a standing position. Keep the left leg stationary on the ground.
- Slowly swing the right leg forward and backward while keeping it straight. Then change and swing the left leg.

3. Arm circles

- Put your arms out straight out to the side
- Start by making small circles with your arms, then slowly progress to larger circles.

Cool down activities

1. Light walking

Walk slowly and leisurely around the marked area

2. Arms and legs shake

- Gently shake your right arm, then your left arm
- Then shake both arms at the same time. Then shake your right leg and then left leg.

Learning points when performing the swing kick technique

- ② Jump over the rope, landing on your right foot and swing your left foot back.
- ② Jump over the rope, landing on your right foot again and kick your left foot forward.
- ② Jump over the rope, landing on your left foot and swing your right foot back ②
- Jump over the rope, landing on your left foot again, and kick your foot forward. ②
- Maintain the rhythm of back-kick-back-kick with the feet.

Partner work

- **Partner work** in rope skipping involves skipping the rope with partner.
- The partners face the same direction or different direction as they skip the rope together.
- One partner may hold the rope or both may hold as they skip a. **Face to face technique**

Involves partners facing each other as they skip the rope

b. **Back to back technique**

Involves partners standing back to back as they skip the rope

c. **Side by side technique**

Involves partners standing side by side as they skip the rope

Warm activities

1. Partner tag

- In pairs stand one metre away from each other
- On the command go, one partner tries to tag the other one
- Keep changing roles

2. Star jump

- Start in a crouching position, hands by your ankles.
- Leap into the air throwing your arms and legs out, in a star shape.
- As you land, return the hands and the feet to the starting position
- Repeat the exercise three times

3. Back and side stretch

- Stand upright facing forward
- Raise your hands up towards the sky. Join your fingers and keep the elbow straight
- Bend back as far as possible, then slowly to one side. Hold the stretch for a few seconds
- Go back to starting position and change side.

Safety instructions

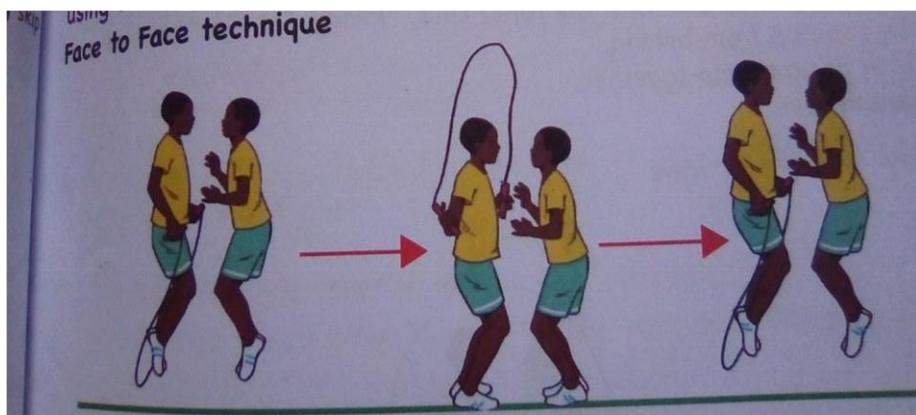
- Choose an appropriate rope
- Make sure you are skipping in an open, flat and safe space
- Maintain correct rope skipping technique
- Generate the rope rotation using the wrist. do not throw your arms wide

NOTE: During partner work

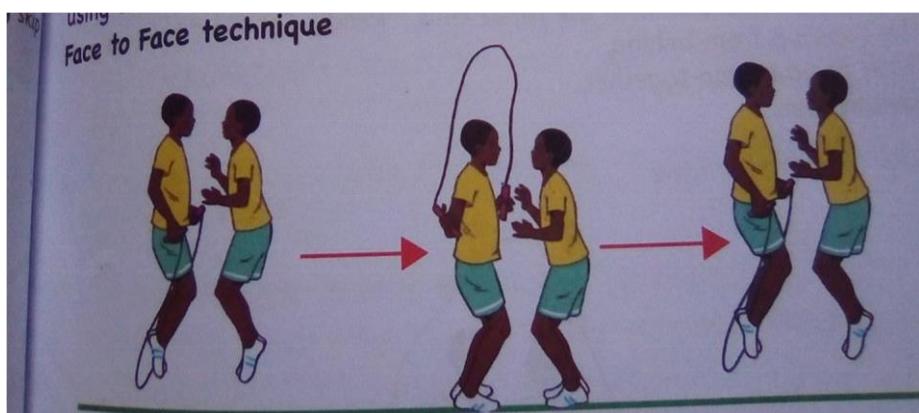
- Use a skipping rope that is slightly longer than your usual single rope.
- The partner with the rope during the face to face and back to back techniques should make larger arm circles than usual to include the other jumper.
- Remember to maintain the correct distance
- Try to keep the same rhythm and speed with your partner. ☐ Communicate with your partner.

Learning points when performing face to face technique

- ☐ Stand facing your partner
- ☐ One partner to hold the rope in both hands
- ☐ Arms should be placed at the waist height with the rope behind the turners feet, ready for forward skipping.
- ☐ The turner (the one with the rope) calls, ready, set, go and swings the rope up from behind.
- ☐ Both of you jump together
- ☐ Switch roles



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Learning points when performing back to back technique

- ❑ Stand with your partner back to back
- ❑ One partner holds the rope in both hands
- ❑ The turner (the one with the rope) call READY, SET, GO and swings the rope up from behind
- ❑ Both of you jump together
- ❑ Switch roles



Learning points when performing side by side technique ☰

Stand side by side facing forward with your partner ☰

Each of you holds the rope with the outside hand.

☐ One partner calls READY, SET, GO

☐ Both of you turn the rope from behind and jump together.



SOCCKER Trapping - using the thigh

- **Trapping** involves receiving and controlling the ball in a soccer game
- **The thigh trap** is where a player controls the ball with the upper part of the leg between the knee and the hips; this part is called the thigh.
- The thigh trap is applied when the ball is below the chest level but high that it cannot be controlled using the foot.

Safety instructions

- Avoid pushing and kicking one another while playing.

- Wear appropriate attire while playing.
- Warm up before and cool down the body after the activities

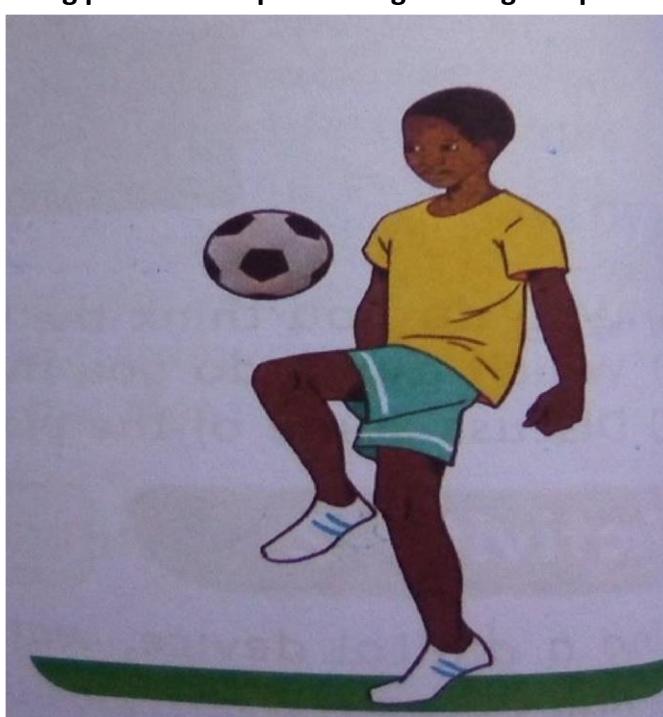
Warm activity

- Jog around the marked area with moderate arm action and moderate knee lift.
- Chase and tag partners within the marked area.
- Knee raiser; from a standing raise your right and left knees in turns. Perform the activity for 20 seconds continuously

Cool down activity.

- Walk at a moderate speed swinging arms up and down.
- From a standing position, arms are raised up, stretching the body upwards breathing in deeply.

Learning points when performing the thigh trap

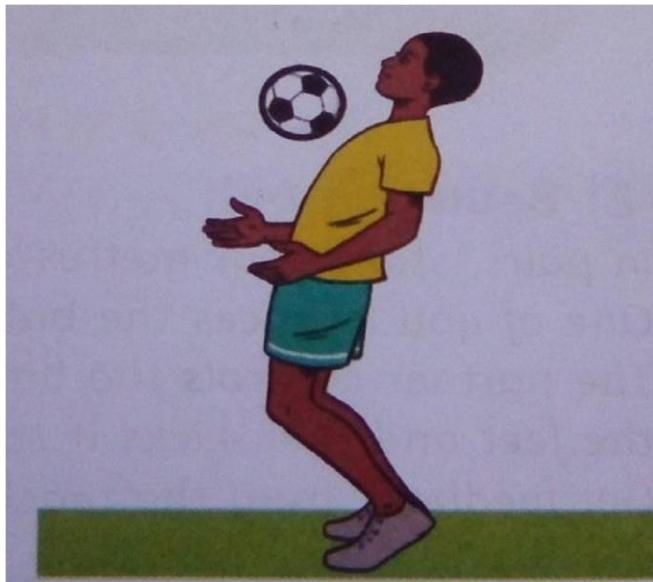


Trapping Using the Thigh

- Stand with your feet shoulder-width apart.
- Face the direction of the oncoming ball.
- Keep your elbows away from your body for balance.
- Lift the thigh so that it is horizontal to the supporting leg.
- As the ball makes contact with the thigh, drop it to cushion the ball down to the feet.

Trapping Using the Chest

- The chest trap involves controlling, stopping, or bringing the ball under control using the chest.
- It can be used for a ball in flight or a bouncing ball.



Safety Instructions

- Avoid pushing and kicking one another while playing.
- Wear appropriate attire while playing.
- Use protective equipment such as shin guards and chest protectors.
- Follow the instructions given by your teacher.
- Maintain self-discipline.
- Warm up before and cool down after activities.

Warm-Up Activities

1. Jog on the Spot
 - Start slowly and gradually increase the speed.
2. Rhythmic Jumps
 - Jump and land on the balls of your feet.
 - Start with low jumps and gradually increase the height.
 - Touch your knees with your hands while jumping.
3. Trunk Rotation
 - Stand with your feet shoulder-width apart and hands on your hips (akimbo).
 - Rotate your upper body by leaning backwards, then to the right, forward, and to the left.
4. Half Squats
 - From a standing position with hands raised upwards, perform a half squat while maintaining an upright posture.

Cool-Down Activity

- Walk at a moderate speed while swinging your hands around.

- From a standing position with hands raised, stretch your body upwards while breathing deeply.

Learning Points When Performing a Chest Trap to a Ball in Flight

- Stand with your feet shoulder-width apart.
- Face the direction of the oncoming ball.
- Extend your arms forward with an open chest.
- Lean slightly backwards to cushion the ball at the moment of contact.
- Recover to a normal upright position after trapping the ball.

OR

- Stand with your feet shoulder-width apart facing the oncoming ball.
- Position your body behind the flight of the ball.
- Keep your knees slightly bent.
- Hold your elbows away from the body and keep your hands clear of the chest.
- Bend at the waist and lean slightly forward over the ball.
- Withdraw your chest immediately after contact to cushion the ball down to your feet.

Trapping Using the Sole

Trapping using the sole involves placing the foot on top of the ball while it is in play to prevent it from bouncing off or rolling away.

Safety Instructions

- Avoid pushing and kicking one another while playing.
- Wear appropriate attire while playing.
- Follow the instructions given by your teacher.
- Maintain self-discipline.
- Warm up before and cool down after activities.

Warm-Up Activities

1. Jumping Jacks
 - Jump with feet apart and together rhythmically while raising your hands upwards and sideways as your feet open and close.
2. Walking Knee Hugs
 - While walking, hold one knee with both hands and pull it close to your chest.
3. Leg Swings
 - In a standing position with hands on hips, swing one leg forward and backward repeatedly.

Cool-Down Activities

1. Seated Forward Bends

- Start in a seated position with your feet together.
- Bend forward slowly and hold your toes with your hands.
- Return to the normal seated position.

2. Body Shakes

- Gently shake your right arm, then your left arm, and then both arms together.
- Shake your right leg, then your left leg.
- Finally, shake your head, hips, and whole body.

Learning Points When Performing Trapping with the Sole

- Focus on the oncoming ball.
- Keep your hands slightly outwards for balance.
- Slightly bend the knee of the trapping foot and lift the foot off the ground.
- As the ball makes contact with the ground, apply slight pressure with the sole to control it.



VOLLEYBALL

Skills in Volleyball

1. Dig Pass
 - a. Single-hand dig pass
 - b. Two-handed dig pass

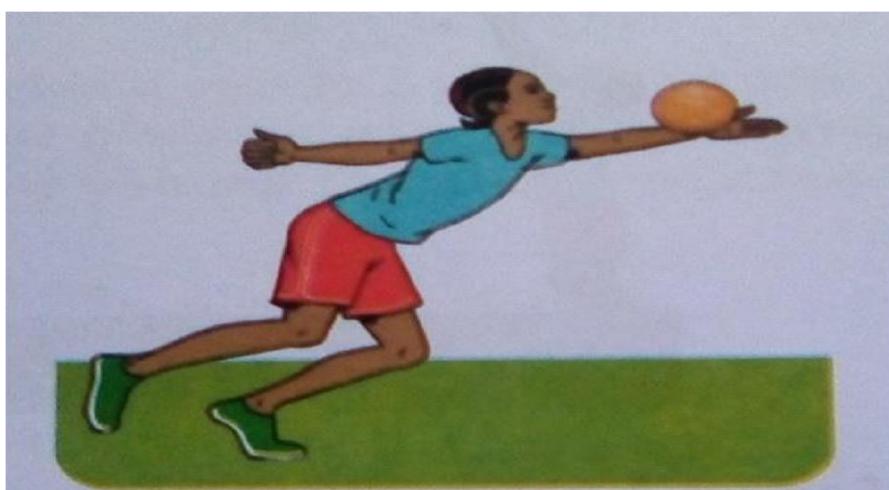
Purpose of a Dig Pass

- i. To receive a served ball or a spiked ball.
- ii. To set the ball for spiking or boosting.
- iii. To pass the ball to a teammate.
- iv. To provide cover during play.

2. Service – This is the act of putting the ball into play.
 - a. Overarm service
 - b. Underarm service
 - c. Jump service

Single-Hand Dig Pass

- This is when a player uses one hand to receive or pass the ball.
- It is used when the ball cannot be reached with both hands.



Safety Instructions

- Ensure you warm up before any exercise.
- Ensure the space is cleared of any hazards such as rocks, sticks, or other objects that may cause injury during play.

Warm-Up Activities

1. High Knees
 - Lift your right knee to your chest and hug it tightly as you step forward, then switch to the left knee.
 - Shuffle from left to right and back.
2. Knee Raisers

- From a standing position, raise your right and left knees alternately.

3. Half Squats

- From a standing position with hands raised upwards, perform a half squat while maintaining an upright posture.

Cool-Down Activity

- Walk at a moderate speed while swinging your hands around.
- From a standing position with hands raised up, stretch your body upwards while breathing deeply.

Learning Points When Performing a Single-Hand Dig in Volleyball

- Position yourself facing the direction of the oncoming ball.
- Reach out to the ball and make contact with the forearm.
- Follow through to ensure the ball is directed to the intended receiver.

Overarm Serve

- This is when a player tosses the ball with one hand and strikes it in the air above the head with the other hand so that it crosses the net and lands on the opponent's side.

Safety Instructions

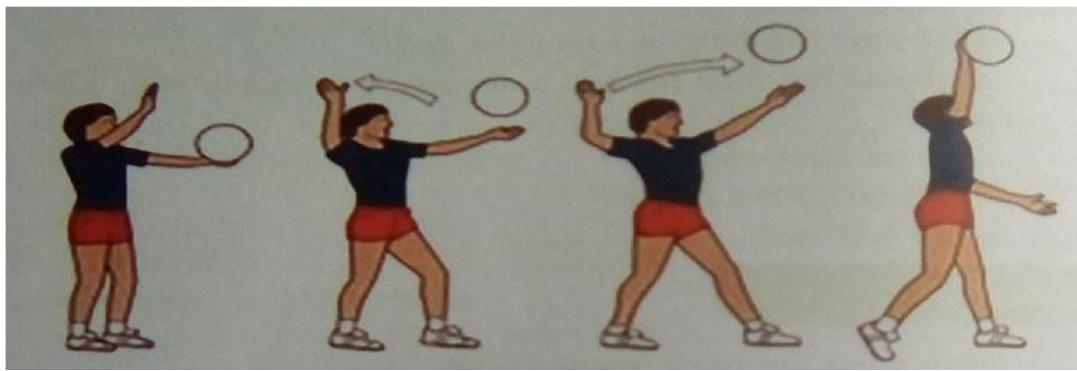
- Perform a thorough warm-up before the activity.
- Avoid congestion by maintaining a safe distance from your peers.
- Follow instructions from your teacher and peers.

Warm-Up Activity

1. Arm Swings
 - Swing your arms clockwise for 30 seconds. Start slowly and gradually increase the pace.
 - Swing your arms anticlockwise for 30 seconds, starting slowly and increasing the pace.
 - Practise an imaginary overarm serve. Pretend you are holding a ball, toss it up, and strike it with an open hand.

Cool-Down Activity

- Walk at a moderate speed while swinging your hands around.
- From a standing position with hands raised up, stretch your body upwards while breathing deeply.



Minor Games and Basic Rules

Minor games are small-sided games that help learners practise skills learned in volleyball while applying the rules of the game.

Safety Instructions

- Never hit the ball with a fist. You could hit someone in the face and cause injury.
- Do not throw the ball over the net or roll it under the net.
- Do not swing on the posts.
- Do not go under the net; always walk around it.

Types of Volleyball

1. Beach volleyball
2. Sitting volleyball
3. Field volleyball

Equipment

- Ball
- Net
- Posts (2.5 metres high)
- Antennae
- Players' jerseys