

Volleyball

L'attività di CLIL è stata svolta come da calendario, nelle ore curricolari, per un monte ore di 10.

Le lezioni avvenute con metodo frontale hanno perseguito un ulteriore avvicinamento, approfondimento e acquisizione di nuove terminologie importati per il percorso formativo.

Le informazioni hanno interessato il “volleyball” e i suoi fondamentali.

Gli alunni, hanno mostrato interesse verso l'attività di CLIL interagendo con l'insegnante di inglese e raggiungendo ottimi risultati sotto il profilo della socializzazione delle conoscenze.

Team sports benefits

Getting regular sport is, of course, a way to stay fit and healthy. It's also true that many types of exercises force you to do them alone and they don't work well in team settings. One of the best ways to get your exercise is to participate in team sports. The benefits of team sports go beyond having a healthy heart or fighting obesity. In fact, team sports teach many valuable life skills including the value of teamwork and cooperation. Teens also learn how to handle stress and pressure, set goals and work hard to reach goals. They also build relationships both with their peers and coaches.

Building self-confidence Playing team sports helps teens build self-confidence. Building self-confidence is easier when you have your teammates who reward you for being good at something. Teens feel great when a coach tells them that they did a good job, but they also feel fulfilled when peers do the same. Reward from peers has positive effects on teens' motivation. Getting a confidence boost from the coach and other players will go a long way in building self-esteem, which is important in life.

↓ "One for all, all for one": one must act for both personal benefit and the team's.



Building respect Another big benefit teens can get from playing a team sport is respect for authority. Playing on a team, especially one with a reliable coach, is a great way both to learn respect for authority and to follow directions. Not only does playing a team sport teach respect for the coach and other authority figures, but it also helps teach respect for teammates. Everybody deserves respect and a team sport is one of the best ways to learn how to show respect to people.

Improving teamwork skills Playing team sports helps improve the ability to work with others. A team sport requires a lot of coordination between players. Teamwork is something that can be learnt either by oneself or thanks to the coach. Players have to be able to work out a plan, follow that plan, follow directions and work as a team to come up with a game plan. A successful team is one which can work together. Being able to work with other people is also a big part of society and it's a needed ability in life.

Developing social inclusion As Mandela stated in one of his most famous speeches "Sport speaks to people in a language they can understand". Sport provides opportunities for all people regardless of race, colour, religion, age, physical ability and economic background to connect to each other and the world around them. Recent studies have shown that playing team sports helps develop social inclusion. There are many benefits of using team sports with multicultural groups, in particular recently arrived migrants who face significant disadvantages. Moreover, structured sporting programmes can bring together people from different language groups and backgrounds by using activities with a common goal.

Your slogan:

↓ Volleyball players greeting after a match.



The history of volleyball

1. Who invented the game?

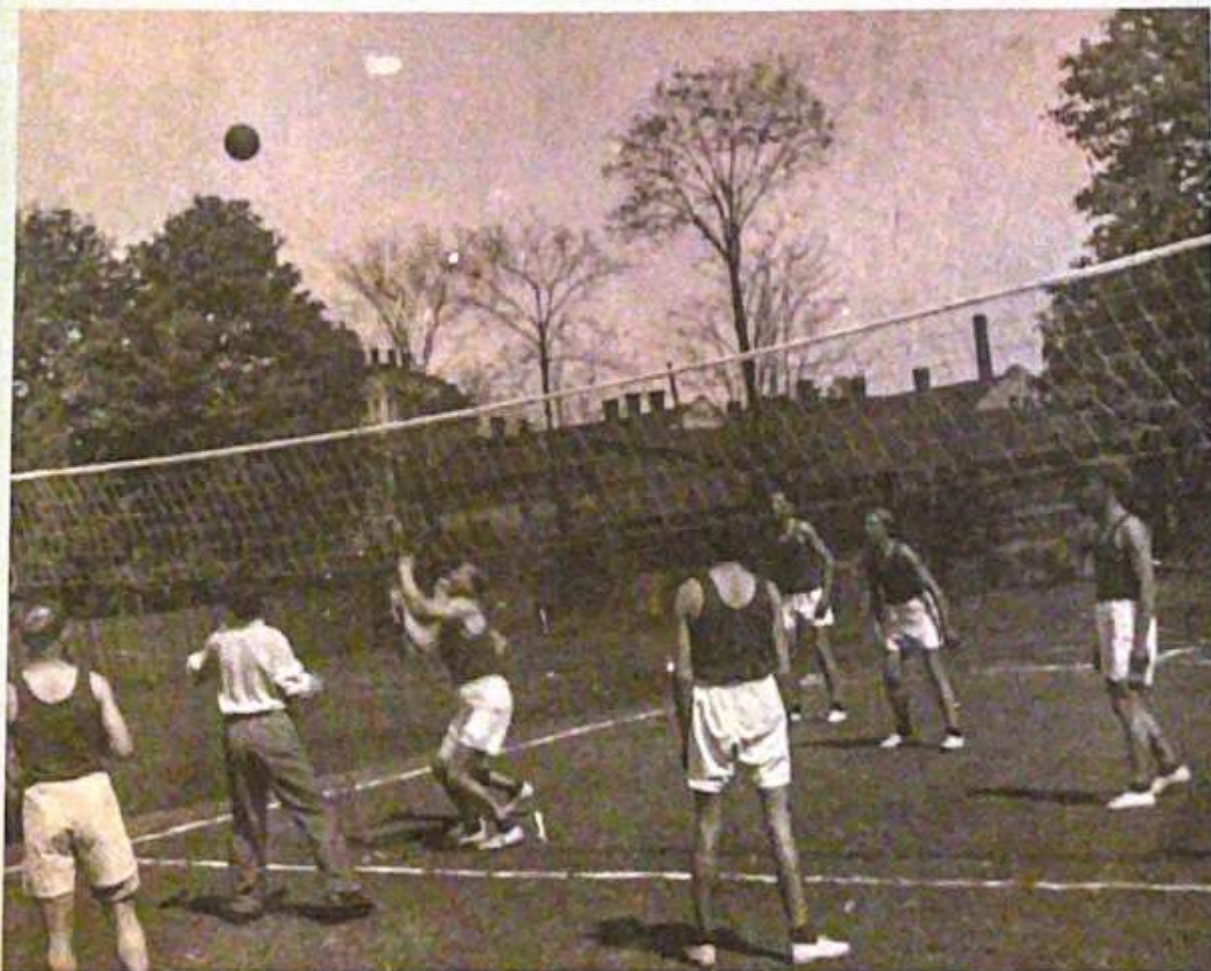
2. When was the game invented? Where?

3. How was the game originally called?

4. Why was the game invented?

5. Add any other information/curiosity about the history of the game.

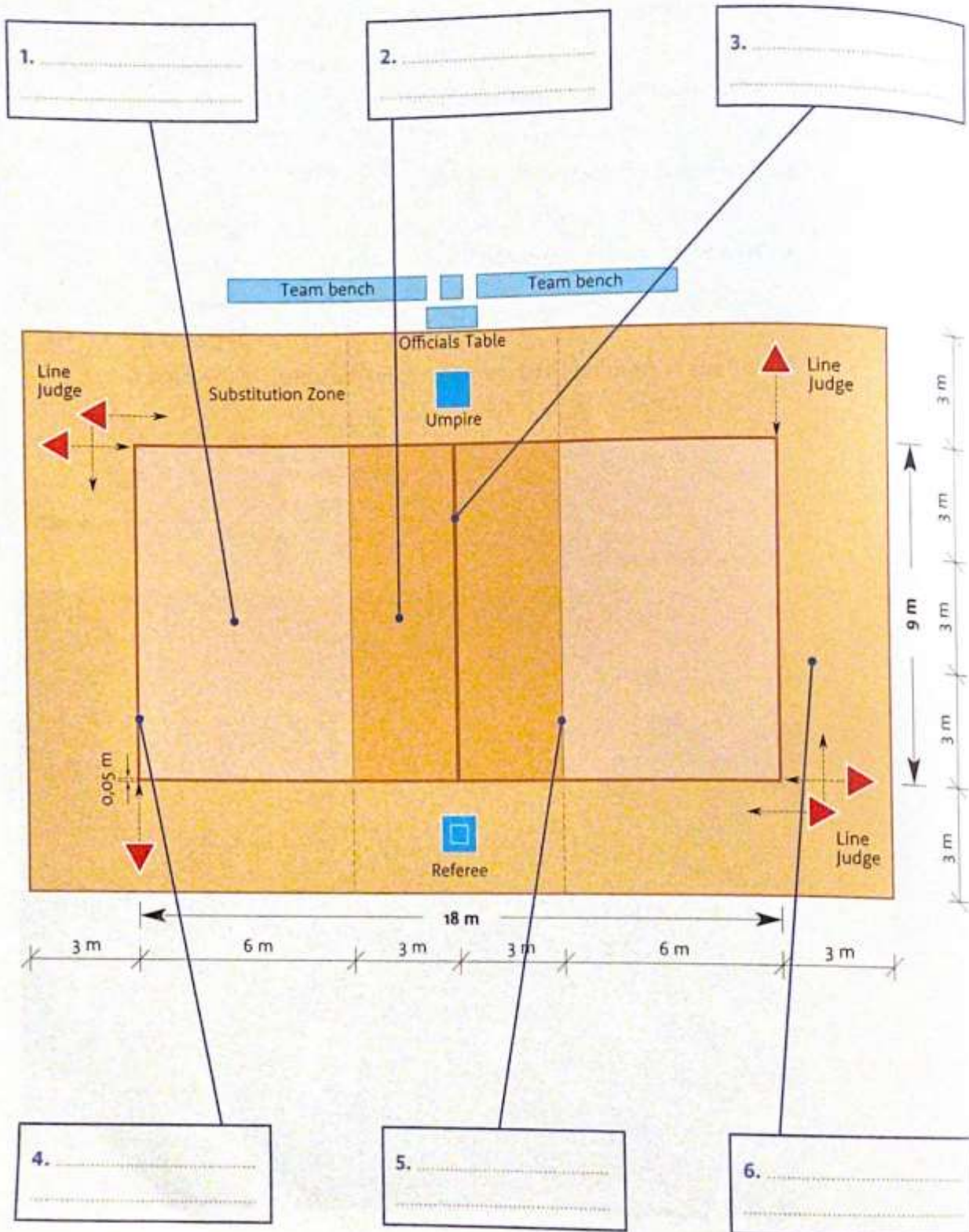
↓ Playing volleyball in the past.



Label the picture with the words below.



centre line • line of attack • base line • serving area •
defence zone • attack zone



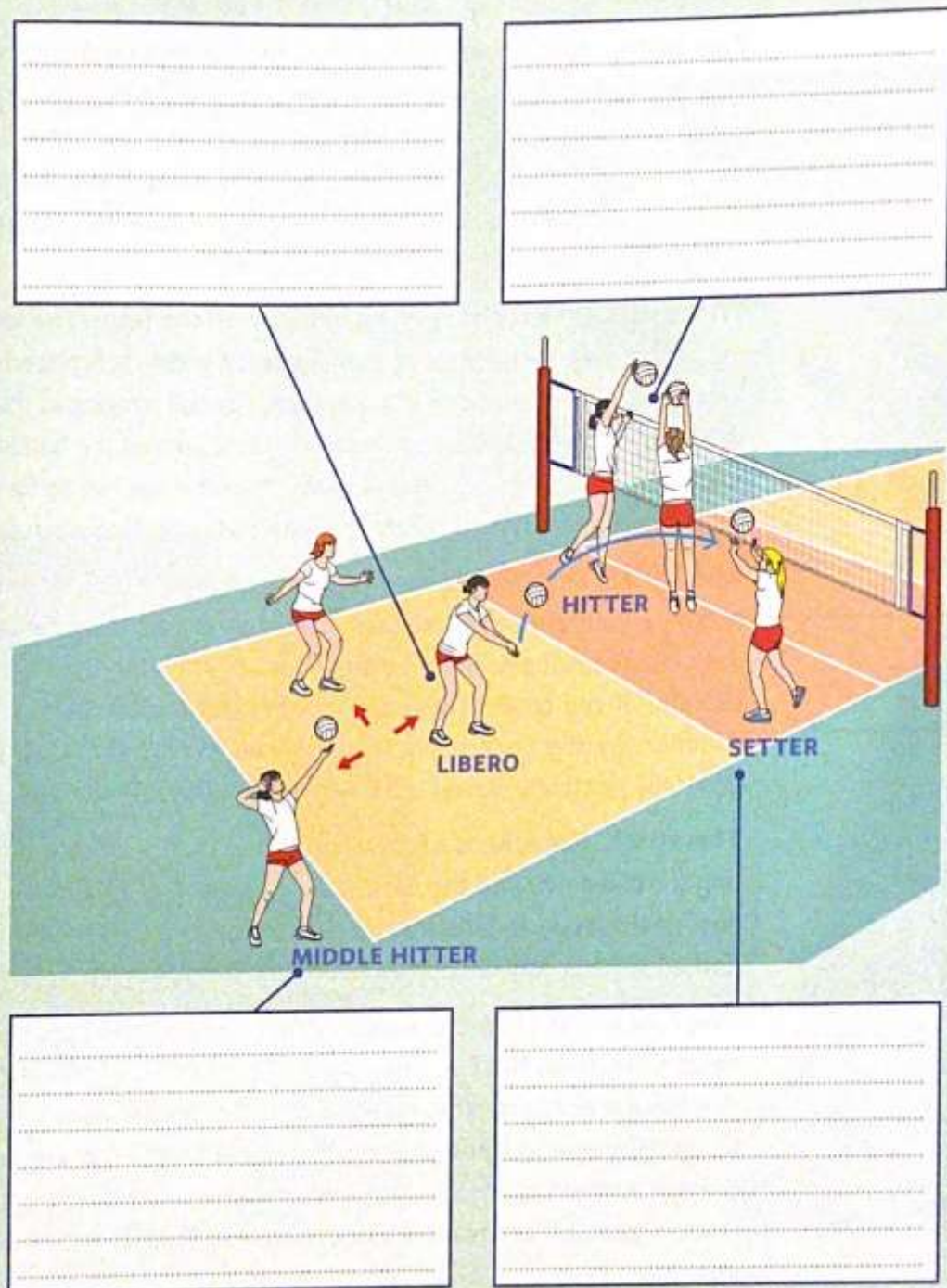
7



Group work
(4 students)

Each student **surfs** the net and **finds** information about one of the main roles in volleyball - the hitter, the libero, the setter, the middle hitter. Then each student **completes** the description (about 50 words) of their own role.

The main roles and positions in volleyball



Listen to the text and complete the gaps. Then match the paragraphs with the relating pictures.



Listening

Volleyball basics

Volleyball requires players to learn a complex skill set. When the players rotate from playing front line ¹ to back line positions, they constantly are shifting from setting up offensive plays to completing offensive plays. During the ², a player must be prepared to perform a variety of skills.

The bump Bumping is one of the most important skills of volleyball. It's typically the first touch of the three contacts. When the ball is above the head, most ³ will pass with a set. It's performed by interlocking the fingers and holding arms straight and away from the body. Once the ⁴ is served, the player has to make sure he gets both feet behind the ball and wait for the ball to come to him.

The set The setter has a crucial position on the team. The setting is typically the second shot in the three-shot sequence. A good set is placed close and above the ⁵. The setting motion gets the ball hanging in the air, ready to be spiked by another teammate. The player has to extend the hands above the head keeping the ⁶ spread apart. Then the ball has to be pushed upwards while straightening arms and legs. The same has to be done when setting backwards.

The serve The serve is used to put the ball into play to start the offensive action. A well-performed serve allows the serving team to gain ⁷ over the receiving team. The server must stand behind the service line at the end of the court. There are multiple ways to serve but the three most common are the underhand, the overhand and the jump. The ⁸ is generally relatively slower than both the overhead and the jump serve.

The spike The spike is a form of attacking and it's the act of jumping and hitting the ball down into the opponent's ⁹. There are various types of hits - the outside, middle and back hits - based on who the hitter is. A well-performed spike is very difficult to return and it helps score ¹⁰ quickly.

The block The block is the main defense against the opponent's attacks and helps slow down the ¹¹ of the attacks. It's made close to the net. The blocker needs to jump immediately after the attacker jumps. Blocking can be done by one to three players. The single block is where one player blocks the spike, the ¹² is where two players block the attack, the triple block is where three players block the spike. This last one is usually the most effective.



a.

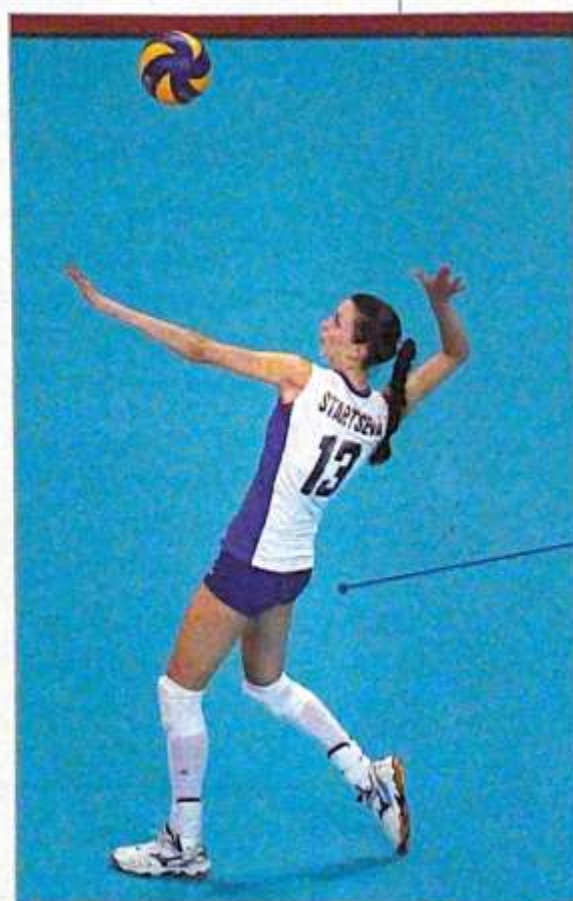


b.



c.

d.



e.

9



Individual
work

Read again the text about the volleyball basics and **answer** the following questions.

1. What are the volleyball basics?

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2. What is the bump?

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3. What is the set?

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4. What is the serve?

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5. What is the spike?

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6. What is the block?

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10



Individual
work

Create a PowerPoint presentation to describe the volleyball basics to the class.



Group work
(3 students)

Read the paragraph about how to train volleyball basics. Then **perform** the exercises (1-4) by following the instructions.

How to train volleyball basics

Practising volleyball basics and being able to perform them correctly is crucial to play successfully. Volleyball is a team sport; the better each teammate plays, the better the whole team will perform.

Exercise 1. Train for the bump.

- Student A and Student B stand facing Student C in the same half-court
- Student A hits the ball towards Student C
- Student C bumps the ball to Student A
- Student B hits the ball towards Student C
- Student C bumps the ball to Student B

Exercise 2. Perform the set.

- Students stand in five rows (each group has got a ball)
- Students set the ball one at a time towards a target placed by the teacher
- Teacher gives a point for each well-performed set

Exercise 3. Train for the serve.

In turn,

- students toss the ball towards the wall
- students toss the ball one towards the other in pair
- students toss the ball beyond the net

Exercise 4. Perform the spike and the block.

- Students A stand in one half-court. In turn, each of them stands close to the net
- Two hitters and two setters are in the other half-court
- Students A, one at a time, perform a block to oppose a strike from the opponents
- Once each student A has performed the block, the students of the two half courts swap

↓ A high-quality volley ball is suitable for all levels of the game.

