

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

VOLLEYBALL LEVEL 1

[PE105SEB]

**YEAR 1
SECONDARY**

TIME: 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

Answer ALL questions.

1. Give a brief description of the game of volleyball to include its characteristics. (6 marks)
2. a) Draw a diagram of the volleyball court. Include dimensions, zone and lines in your labelling. (16 marks)
b) On the diagram of the volleyball court, drawn in (a) above, show the players position of one team, correct rotation and the “W” formation. (10 marks)
3. a) Describe how the *volley pass* is done giving the main coaching points for the stance, execution and follow through. (12 marks)
b) State FOUR uses of the volley pass (4 marks)
4. Outline FOUR activities you would use to teach a group of beginners *blocking*. Proper teaching progression should be shown. You should also use simple diagrams to illustrate how the activities are done (20 marks)
5. You are a teacher/coach and you have taught your class/team the forearm and volley passes. Explain how you would help the students/players to develop their abilities to play volleyball. You should also use simple diagrams to illustrate how the activities are done. (20 marks)
6. Describe how the *forearm pass* is done highlighting the main coaching points for the stance, execution and follow through. (12 marks)

END OF EXAMINATION