



The Sport:

Volleyball



Interview of the Sport Volleyball

Why did you choose this Sport?

Jasmine said that she chooses the sport volleyball because it is good for your health, and it is very fun to play.

How do you even play Volleyball?

She said that they are two teams that play against each other. You need to hit the Ball over the net, and in the beginning, you need to serve the Ball.



What are the disadvantages?

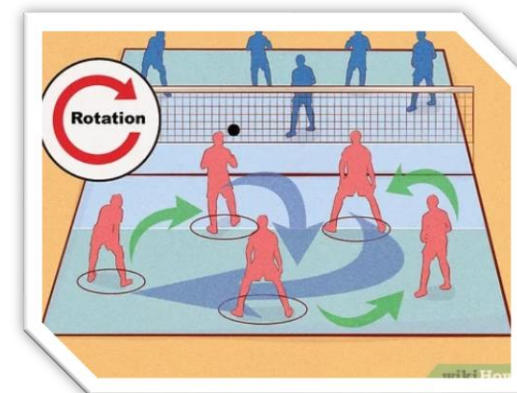
She said that after the Game/Training you have Cramps, that your hands hurt, that you can get injured

Where can you Play Volleyball?

Jasmine said that you can play Volleyball in several different places, like in Beaches, grass or Court

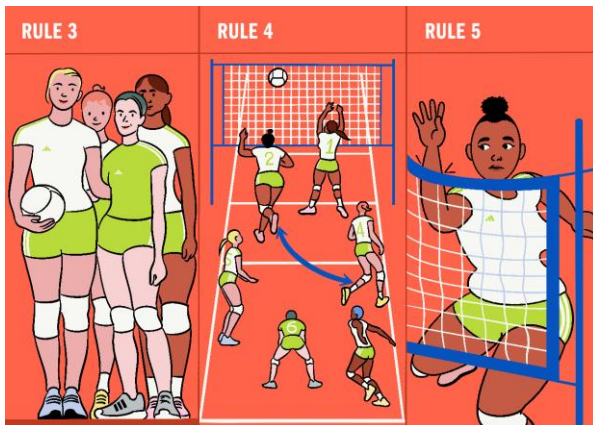
Description of the Activity?

- ✓ Volleyball is a game where you play between two teams of six
- ✓ Every Team needs to make points by pushing the Ball over the net
- ✓ The Ball needs to land in the opposite court of the other team when it falls on the ground then you get a point
- ✓ A team is allowed to touch the ball three times before returning it
- ✓ There are different options how to Serv the Ball



Advantages

- ✓ Strengthens the muscles in the legs and arms
- ✓ Stimulates the system and helps strengthen the bones.
- ✓ Volleyball burns calories and fat.
- ✓ Playing Volleyball brings good eye and hand Coordination
- ✓ Self-Confidence
- ✓ Leadership
- ✓ Teamwork



25th Oktober 2024

Dear Mr Dinca

In English we need to make a brochure about an after-school program. We need to send it to you.

We think that the after-school program is a very good idea, and we would like to do the sport volleyball because, when some people don't know what to do after school they can come to school and play volleyball. It is good for your health, it helps strengthen the bones, it burns calories and fat.

We look forward to hearing from you.

Yours sincerely

Ukaj Alea, Bättig Alina, Rika Jasmine

Addressee

- ✓ sporty people
- ✓ people with ball feeling
- ✓ boys and girls

