



Theme 2: Para sport

Unit 2: Let's play the Para sport of sitting volleyball

Sitting volleyball



The playing area



Playing the game



The serve



The set



The dig

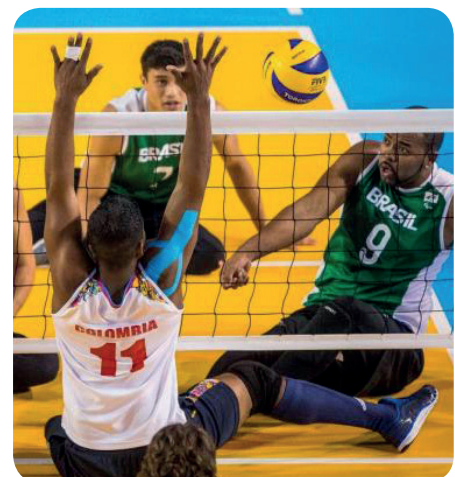


The block



Athlete case study

“Hi, I’m Wellington Platini Silva. I currently live in São Paulo, Brazil. My Para sport is sitting volleyball. My greatest Para sport achievement so far was being part of the team which was runner-up in the 2014 World Sitting Volleyball Championship, in Poland. We proved there that we belong to the group of the best teams in the world. I train for 20 hours a week – three to four hours a day – to be the best I can be at my sport.”



Wellington Platini Silva (far right) representing Brazil.