

INTRODUCTION volleyball booklet

Agenda 2030 is a collective agreement among 193 countries, including Brazil, which are a part of the United Nations Organization (UN) and are aiming for sustainable development, believing that, to achieve it, we must face the extermination of poverty and hunger as a global challenge, as well as seek to strengthen universal peace, inclusion, and social justice. Furthermore, Agenda 2030 contains 17 Sustainable Development Goals (SDGs) and 169 targets geared towards, among other things, promoting quality education, good health and social well-being, gender equality and the empowerment of women and girls, reducing inequality and responsible consumption and production, as stated in SDGs 3, 4, 5, 10, and 12.

In alignment with the SDGs, the eMuseum of Sport's "Sport, inclusion, and sustainability" collection aims to present information about Olympic and Paralympic sports, with sport being portrayed as a tool, not the only one or the main one, but as a possibility for promoting discussions about social awareness topics.

Sports mega events such as the Olympic and Paralympic Games generate a large social impact; thus, sport represents an important intervention, especially in the lives of children and teenagers. In these events, nations get together to watch athletes performing impressive feats, overcoming the limitations of their bodies and their minds and causing a commotion, promoting both competition and union among people, in a very peculiar manner.

It is by understanding sport as a space in which people interact, enjoy the fruits of their achievements, and learn to deal with defeat that the eMuseum's collection discusses the notions of inclusion and sustainability to bring up urgent and necessary subjects that will generate reflections about this social phenomenon that attracts worldwide attention. The collection contains activities that are easy to put together with materials that can be acquired easily, as they are recycled or low-cost.

The proposals are written clearly so that they can be understood with ease but are not intended as a reproduceable manual. Actually, the idea is for the proposals to be adjusted and resignified by the readers. The possibility of using recycled materials and a way of learning a sport may encourage important lessons such as appropriate trash disposal, recycling, waste reduction, and social, environmental, and economic awareness, all of which are present in the SDGs.

However, it is important to note that teaching materials, which are vital for teaching body practices, especially in Physical Education classes, should not be replaced by recycled and low-cost materials under the guise of sustainability, camouflaging lack of investment in education and romanticizing teachers' creativity in a precarious teaching environment. In each volume of this collection, readers will find information about Olympic and Paralympic sports, their histories, rules, a timeline with important dates, biographies of representative athletes who left behind a legacy of unforgettable achievements, and an association of the sportive subject with social struggles and progressive thinking.

This leads to a better understanding of each sport's origins and development, as well as which attitudes can be stimulated by learning this sport. Among the benefits of certain sportive practices, we can mention the fact that they promote a sense of collectivity and help with socialization, as is the case with court volleyball, a sport that became popular in Brazil in the 1980s at all levels, instead of just for high-performance sport. Additionally, learning more about

sitting volleyball, which is a Paralympic modality, may promote reflections about inclusion and valuing people with disabilities.

Volleyball is one among many elements of body culture, which is vast and contemplates games, sports, dances, fights, capoeira, and others. As such, it must be experienced and understood with a focus on self-reliance, so that the practitioners have the possibility of transforming themselves and enjoying this practice, viewing it critically and benefiting their health, well-being, leisure, communication, and expression. If they so desire, they may also seek participation at the high-performance level.

Thus, besides promoting debates on inclusion and sustainability, the collection intends to do the following:

(a) Discuss sports that are a part of the Olympic and Paralympic programs, including their concepts, historical aspects, main rules, and biographies of representative athletes; (b) Introduce fun activities related to said sports that can happen at school or at home with recyclable and/or low-cost material; (c) Stimulate the development of motor, cognitive, and emotional abilities; (d) Stimulate environmental, social, and economic conscience by encouraging people to recycle and reuse materials; and (e) Explore the multiple identities that comprise our society. Besides descriptions of how to conduct the activities, there are educational videos that explain how to create artifacts that are representative of each sport's equipment.

Summary

1 VOLLEYBALL: CONCEPTS AND A BRIEF WALK THROUGH HISTORY 1.1 Rules 1.2 Court 1.3 Volleyball in Brazil

1.4 Volleyball in the Paralympic Games 1.5 Historic moments

2 BRAZILIAN VOLLEYBALL PERSONALITIES

2.1 Gilberto Amauri Godoy Filho 2.2 Sheilla Tavares de Castro Blassioli 2.3 Hélia Rogério de Souza 2.4 Gilberto Lourenço da Silva 2.5 Giovane Farinazzo Gávio 2.6 Bernard Rajzman

3. VOLLEYBALL AS A TOOL FOR SOCIAL INCLUSION

3.1 Sport as a tool for the inclusion of refugees

4. HOW TO DO THIS: BASKETBALL ACTIVITIES WITH LOW-COST, RECYCLABLE AND REUSABLE MATERIALS

4.1 The net and the volleyball 4.2 Activities BIBLIOGRAPHY