

Volleyball Physical and Health Education Grades 9, 10, 11, 12

OVERVIEW:

This is a semester course for students who are new or newer to volleyball that focuses on skill development and lifelong physical activity. This class will meet 5 times a week with 4 days being volleyball training, strategic game-play lessons, sport specific fitness and nutrition lessons and game play. The 5th day during five-day weeks will be various sports and minor games.

The class will learn minor officiating, calling lines and keeping score. If senior students are interested in becoming a level one certified official, they will be supported to do so.

REQUIREMENTS:

Gym strip – mandatory athletic clothing and non-marking running shoes. Court shoes and knee pads are suggested. Students will not participate without mandatory items. If students are unable to access mandatory items please speak with Tina, Mr. Doyle, or Mrs. Astren about your needs and we will make sure they are met.

Attitude – various levels of skill will be present in our class, and all are welcome. Stronger/senior students are expected to act as leaders and support others to help them develop their volleyball skills.

Cell phones – there is no use for your cell phone in class. Do not bring it.

ASSESSMENT:

As per CHSS PHED department assessment rubric (see back).

Your name: _____

Any questions/concerns: _____
