

Sports Performance 8- Volleyball

Human Services and Communication

Course Expectations:

Work habits, attitude, and effort will influence your progress and success in this course. Developing and improving upon the basic skills in this course will enhance the students' performance in volleyball.

Student expectations:

1. Maintain safe practices related to a gym setting.
2. Maintain respect for others and display sportsmanship in game situations
3. Help set up and take down equipment
4. Have a positive attitude and try his/her best

Course Content:

The focus of this complementary will be on developing volleyball skills in the area of positioning, footwork, passing, setting, hitting, blocking and game play. Students will also work on offensive and defensive skills in modified games before building up to regular game play. Students will learn how to set goals, improve their fitness levels and display sportsmanship. Students will also do some officiating using the proper hand signals for game play.

Evaluation:

Acquire: Construct meaning and understanding the requirements of the task.

Apply: Use information and understanding relationships to demonstrate and/or perform tasks.

Adapt: Assess, integrate and transform knowledge and ideas

Students will be assessed on work habits, skills and attitude during this complementary.