

**Large Group Activities: Volleyball Focus Course, Grade 10 – Open
PAL 200**

Grade 10 students interested in the team sport of volleyball are encouraged to take this course. In this course students will be given opportunities to improve fundamental skills in various settings: 6 on 6, 2 on 2, 3 on 3 and beach volleyball. Emphasis will be placed on serving, passing, setting, blocking, digging and attacking. As well students will learn game concepts such as rotations, positional play and special situations unique to the game of volleyball. Students will learn the skills needed to officiate and will be instructed and expected to organize effective tournaments. By the end of the course students will have a better understanding of the game.

Students taking this course should have an interest in playing volleyball and improving their individual fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include fitness testing and a practical assessment of the student's knowledge of the concepts discussed in the course. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Prerequisite: None