**Seaquam Volleyball**

**Course Outline**

**Course Description:**

TheSeaquam Volleyball course is designed to provide students with a complete holistic approach to the sport of volleyball. The course will be all encompassing, covering a variety of topics, providing both athletic and academic learning.

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Skill Development: Skill days will consist of high rep, low intensity workouts – focus will be on making small, but lasting improvements on all volleyball skill sets.

Referee Certification: Grade 9 students will be introduced to officiating; Grade 10 & 11 students will be instructed and certified

Fitness Training & Conditioning: Throughout the year, students will be introduced to proper movements, dynamic and pre-hab exercises; weight training and other related volleyball movements – focus will be on increasing strength, agility, speed, flexibility and minimization of injuries.

**Class Expectations:**

Students are expected to:

Be on time for class

Wear appropriate gym strip

Participate in all activities and drills to the best of ability

Work co-operatively with others in class

**Evaluation/Assessment:**

Students are marked cumulatively throughout the year.

40% - Active Health – Daily Participation

20% - Knowledge

15% - Fitness

15% - Skill

10% - Safety Fair Play and Leadership

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