

## ASD Academic Plan

### Physical Education: Volleyball

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> The purpose of this course is to introduce students to basic skills and knowledge associated with volleyball. By applying these principles through active participation, students develop the necessary skills and knowledge to play volleyball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
<b>Length: Semester</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: Unlimited</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic volleyball rules, terminology, and scoring procedures.	Understand basic volleyball scoring and officiating procedures.
Demonstrate basic skills associated with volleyball, including passing, setting, serving, attacking (spiking), and blocking.	Successfully participates in skill improvement and offensive game strategies.
Demonstrate the ability to perform individual offensive and defensive skills and strategies.	Consistently responds defensively to the opponent's play.
Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defense, transition, and defense.	Demonstrate proper etiquette and good sportsmanship.
Understand and apply the knowledge of basic rules of volleyball.	Develop an awareness of community resources and opportunities related to volleyball.
Demonstrate proper etiquette and good sportsmanship.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
	Assess current personal fitness levels.
	Identify the major muscle groups and their application to volleyball.
	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
	Assess volleyball in terms of fitness value.
	Identify and apply injury prevention principles related to aerobic activities.
	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate and understanding of sound nutritional practices as related to health and physical performance.