



Physical and Health Education Volleyball – Grades 10 to 12

2022-23

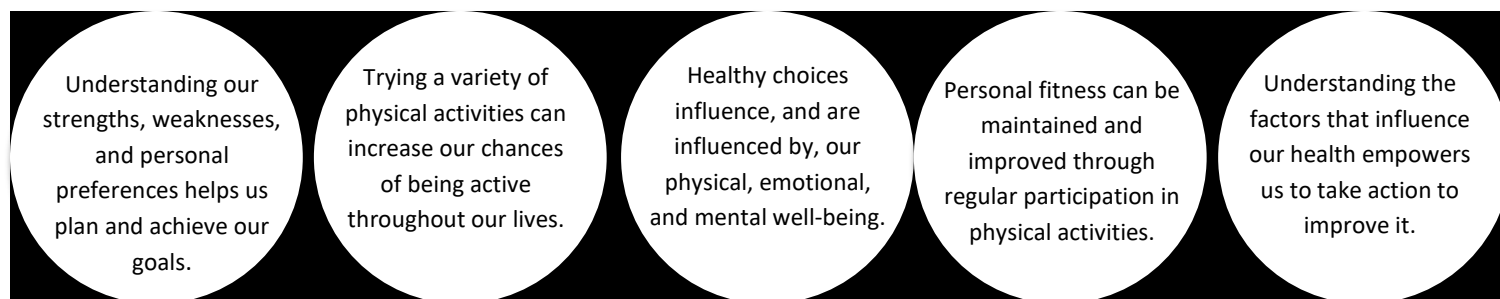
This Physical Education Athletics course follows the **principles of athlete development** as laid out in the **Long Term Athlete Development (LTAD)** to ensure **enjoyable lifelong volleyball opportunities** for **players of ALL levels of ability**, as well as development for **elite players** to pursue excellence. The over-arching aim for the course is to fuel a passion for volleyball.

Curriculum:

The following **BIG IDEAS** will be met throughout the duration of the course.

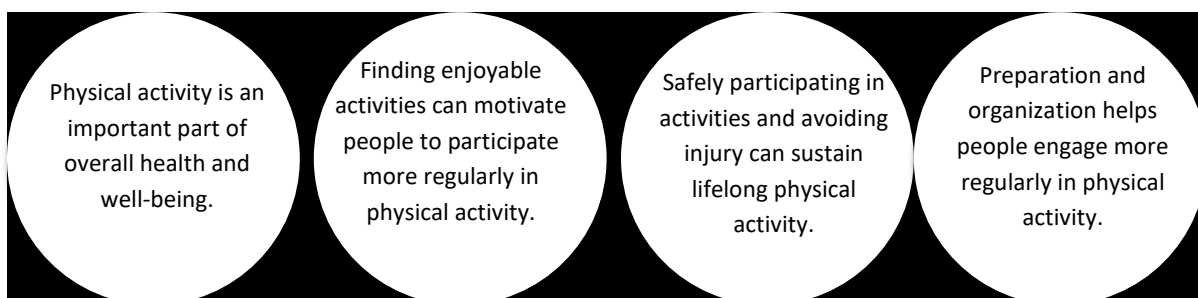
Grade 10 Provincial Core Curriculum:

Big Ideas



Grade 11-12 Provincial Core Curriculum:

Big Ideas



The program will include a variety of activities but with greater emphasis on developing students' personal athletic attributes in their given areas of expertise. To achieve this, activities will be organized around whole-class, small group, and independent programs.

These activities will help students develop positive attitudes towards a healthy, active lifestyle and promote personal growth and social responsibility both in the classroom and within the community. Students will gain knowledge to help them in future settings and to maintain a healthy lifestyle beyond the scope of the classroom. Sardis Secondary's P.E. Department stresses the importance and belief that all students will be included and expected to participate to the best of their ability.

Athlete Questionnaire:

What compels you to elect to take **Volleyball PHE**?

What are your long-term goals for volleyball?

What are your strengths as a volleyball player?

What are your weaknesses as a volleyball player?

What do you hope to learn by taking this course?

Please have your most recent coach complete the player checklist

Section B: (COMPLETED BY A TEACHER, COUNSELOR OR Administrator of SCHOOL)

Name of School: _____

His or Her record of good standing, attendance, work habits is:

- Not meeting expectations
- Meeting expectations
- Exceeding expectations

Additional Comments: _____

Name _____

Signature _____

We have read and understood that Volleyball PE is a course designed to cater to the unique needs of students seeking to further the passion for the sport of basketball. We understand that all participating students will receive quality instruction catered to the unique needs of each student based on the **Long Term Athlete Development (LTAD) model**. We also understand that entrance to this course is by application only and by filling out this application does not guarantee acceptance into the course.

Not all students will be selected into the Volleyball PHE course. In order to be considered for the course, the above-mentioned items need to be handed in. Additionally, the applicant must be able to demonstrate that they are a **student in good standing in relation to attendance, work habits, academics and conduct**.

Student Name _____ Student Signature: _____

Parent Name _____ Parent Signature: _____

