Miami Beach Senior High School

Course Title: Volleyball

## Course Number: 1503360

Instructor: L. Jackson

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**Goal:** The purpose of this course is to enable students to acquire basic knowledge of Volleyball, develop skills in this specified sport, and maintain or improve health-related fitness.

**Course Topics:**

* Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
* Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
* Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
* Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
* Interpret and apply the rules associated with specific course activities.
* Participate in a variety of activities that promote effective stress management.
* Utilize the in-school and community opportunities for participation in a variety of physical activities.
* Participate regularly in health-enhancing activities outside the physical education class setting.
* Apply strategies for self -improvement based on individual strengths and needs.
* Apply sport specific skills in simulation and in real-life applications.
* Select and apply sports/activity specific warm-up and cool-down techniques.
* Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
* Combine and apply movement patterns from simple to complex.
* Demonstrate advanced offensive, defensive, and transition strategies and tactics.
* Apply sport specific skills in a variety of game settings.
* Practice complex motor activities in order to improve performance.
* Demonstrate use of the mechanical principles as they apply to specific course activities.
* Select proper equipment and apply all appropriate safety procedures necessary for participation.
* Demonstrate responsible behaviors during physical activities.
* Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
* Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
* Explore the role of games, sports, and/or physical activities in other cultures.

**Materials:**

* Miami Beach Senior High School website (miamibeachhigh.dadeschools.net)

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| Grade | Points | Interpretation |
| A | 4 | Excellent |
| B | 3 | Good |
| C | 2 | Average |
| D | 1 | Improvement Needed |
| F | 0 | Unsatisfactory |

* Notebook, Pen or Pencil and highlighter
* PE Uniform (solid red shorts, white shirt)

**Grading Criteria:**

40% Dress Policy

40% Participation

20% Written Assignments