

# PHYSICAL EDUCATION

## Basketball - with Rod Redcay and Lisa Zook (ULB Spring Course)

In this fast-paced, high energy class students will learn the fundamentals of basketball including how to dribble, pass and shoot. As a team, they will learn offensive and defensive strategies like “boxing out” and “setting a pick” using both “man to man” and “zone” defense. Drills, games and gameplay will be used to teach and reinforce skills.

**This 10 week enrichment course will meet for 1 hour/wk and is for 7<sup>th</sup>-12<sup>th</sup> graders.**

**Course Supplies:** Sneakers are required. Gym clothes and a water bottle are highly recommended.

**Course fee: \$60**

## Volleyball 101 - with Betsy Kreider, Lisa Zook, Janette Stauffer (ULB Fall Course)

In this fun, fast paced class, we will learn and practice the skills needed to play a good game of volleyball. Games, competitions and drills will be used to practice and learn techniques in and out of class. This class is geared to beginners, but all students will benefit from this class. A volleyball is highly recommended, as students will be given skill exercises for homework to improve their abilities and enhance our class games. This class may be taken even if you have taken it in the past.

**This 10 week enrichment course will meet for 1 hour/week and is for 7<sup>th</sup>-12<sup>th</sup> graders.**

**Course Supplies:** A volleyball is highly recommended

**Course fee: \$60**

## Volleyball, Advanced - with Betsy Kreider, Lisa Zook, Janette Stauffer (ULB Fall Course)

In this advanced level volleyball class, we will hone in on skills *already learned* in Volleyball 1 and improve them through practice and game play. Students will be expected to implement techniques learned in Volleyball 1. We will play in groups of 3, to encourage assertiveness. Practice outside of class is expected. This class may be taken even if you have taken it in the past.

*Prerequisite:* Volleyball 1, a solid serve, ball handling skills (such as bumping to yourself 10x in a row)

**This 10 week enrichment course will meet for 1 hour/week and is for 7<sup>th</sup>-12<sup>th</sup> graders.**

**Course Supplies:** A volleyball is highly recommended

**Course fee: \$60**