



# Elective: Volleyball

## Overview

This course is for students to learn and develop their core volleyball skills through a fun range of coaching activities and practice matches. The course involves a mix of fun drills and practice exercises and playing matches. This course is suitable for beginners and players with more experience.

## Learning Outcomes

Students will:

- have developed their serving, passing and blocking skills.
- improved defensive and offensive techniques.
- be able to explain and demonstrate the importance of leadership, taking initiative and listening in a team sport.

## Language Outcomes:

Students will:

- be able to remember and use key action words to describe volleyball
- be able to use common phrases for directing and encouraging team mates.

## Sample Content:

<b>SESSION 1</b> <ul style="list-style-type: none"><li>• Warm-up: newcomb ball game</li><li>• Discussion and input: What does good communication look like?</li><li>• Skills: setting the ball</li><li>• Skills: passing the ball</li><li>• Game rules review</li></ul>	<b>SESSION 3</b> <ul style="list-style-type: none"><li>• Warm-up</li><li>• Skills review</li><li>• Discussion and input: What is the importance of taking initiative in volleyball?</li><li>• Skills: set and spike</li><li>• Skills: blocking</li><li>• Practice match</li></ul>
<b>SESSION 2</b> <ul style="list-style-type: none"><li>• Warm-up</li><li>• Skills review</li><li>• Discussion and input: What does good leadership look like?</li><li>• Skills: serving (overarm and underarm)</li><li>• Skills: digging the ball</li></ul>	<b>SESSION 4</b> <ul style="list-style-type: none"><li>• Warm-up</li><li>• Skills review</li><li>• Mini-tournament</li><li>• Course review</li></ul>



## FAQs.

### What do students need to wear?

Students need comfortable sports clothes such as t-shirts, vests and shorts. They also need comfortable trainers or sports shoes. Flip-flops or going barefoot are not permitted.

### What surface do the students play on?

We usually use outdoor volleyball courts on a grass surface. In the event of poor weather, sessions may be moved indoors to a sports hall.

HOURS BREAKDOWN PER 2 WEEK COURSE	
<b>TUITION HOURS</b>	<b>PROGRAMME CONTENT</b>
English Tuition: 30 hours	<b>Project work</b> in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen <b>elective</b> . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
<b>TOTAL: 48</b>	
<b>ACTIVITY HOURS</b>	
Evening Events: 20 hours	<b>Evening events.</b> The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	<b>Activity time</b> These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
<b>TOTAL: 26</b>	
<b>STUDY TOURS</b>	
Study Tours: 3 days (9am-6pm)	<b>Study Tours:</b> Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.