Course: Volleyball
Class: Freshman

I. Course Description:
To bring up the knowledge of volleyball skills and the sense of team spirit.

II. Teaching Objectives & Evaluation:
1. A variety of different ways to practice the basic skills.
2. Underhand ball against the wall.

III. Class Schedule:
1. Overhand passing and underhand receiving.
2. Serve practice.

IV. References:
Course: Badminton
Class: Freshman

I. Course Description:
1. To learn badminton basic skills and bring up the interesting of badminton.
2. To understand and appreciate the exercise and have good physical health.

II. Teaching Objectives & Evaluation:
1. Standing up with forehand and backhand shots on the air.
2. One on one forehand passing in high clear.

III. Class Schedule:
1. Introduction the knowledge, courts and rules of badminton.
2. Forehand flat and passing in high clear.
4. Backhand flat.
5. Forehand and backhand flat.
6. One on one forehand passing in high clear.

IV. References:
Course: Table tennis
Class: Freshman

I. Course Description:
   1. To bring up the knowledge of table tennis skills.
   2. To train reaction and build team spirit.

II. Teaching Objectives & Evaluation:
   1. Group practice.
   2. Examination of stroke against wall.

III. Class Schedule:
   1. Introduction the basic skills of table tennis.
   2. Service and receiving practice.
   3. Double attack and block practice.
   4. Double long spin practice.
   5. Forehand and backhand flat.

IV. References:
Course: Volleyball
Class: Junior

I. Course Description:
   1. To understand the key point and value of volleyball.
   2. To learn the skills and strategies of volleyball.
   3. To understand the rules and skills of volleyball.

II. Teaching Objectives:
   1. Group practice.
   2. Movement correction.

III. Evaluation:
   1. Learning attitude and attendance.
   2. Learning report.

IV. Class Schedule:
   1. Skills training: Techniques, movement, underhand, overhand, service, smash and block.
   2. Physical training: Speed, strength, endurance, agility, flexibility and spring.
   3. Establishment and management of the school volleyball team:
      Volleyball team formation, volleyball team selection and volleyball team management.
   4. Volleyball Competition Guidance: Preparation, spot command and post game summed up work.
   5. Rules and judging methods: Court facilities and equipment, preparation of game, way to judge and the end of game.

V. References:
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Course: Volleyball

Class: Sophomore

I. Course Description:
1. Introducing volleyball briefly.
2. The origin and spread of volleyball.

II. Teaching Objectives:
1. To bring up the knowledge of volleyball skills.
2. To enhance the knowledge of volleyball skills.
3. Increase the importance of volleyball team spirit.

III. Class Schedule:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic/Activity</th>
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<tbody>
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<td>9/13-9/18</td>
<td>Brief the features and contests methods of volleyball</td>
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<td>9/19-9/25</td>
<td>Overhand passing — front passing and moving passing</td>
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<td>9/26-10/2</td>
<td>Overhand passing — side passing, left and right side passing</td>
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<td>10/3-10/9</td>
<td>Overhand passing — back passing and moving passing</td>
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<td>10/10-10/16</td>
<td>One on one overhand passing</td>
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<td>10/17-10/23</td>
<td>Underhand passing — front passing and low pose passing</td>
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<td>7</td>
<td>10/24-10/30</td>
<td>Underhand passing — side passing, left and right side moving</td>
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<td>8</td>
<td>10/31-11/6</td>
<td>Underhand passing — step passing, left and right side moving</td>
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<td>11/7-11/13</td>
<td>Underhand passing — backing</td>
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<td>11/14-11/20</td>
<td>One on one underhand passing</td>
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<td>11</td>
<td>11/21-11/27</td>
<td>Service — front and side underhand service</td>
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<td>11/28-12/4</td>
<td>Service — front overhand and overhand floater</td>
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<td>12/5-12/11</td>
<td>Service — side floater and jump service</td>
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<td>14</td>
<td>12/12-12/18</td>
<td>Service in different direction</td>
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<td>15</td>
<td>12/19-12/25</td>
<td>Spike — pace with the spike point</td>
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<tr>
<td>16</td>
<td>12/26-1/1</td>
<td>Spike — front and quick-set spike</td>
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<tr>
<td>17</td>
<td>1/2-1/8</td>
<td>Spike — single feet jump spike</td>
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<tr>
<td>18</td>
<td>1/9-1/15</td>
<td>One on one spiking and receiving</td>
</tr>
<tr>
<td>19</td>
<td>1/16-1/22</td>
<td>Competition and rules explanation</td>
</tr>
</tbody>
</table>

IV. Evaluation:
1. Different way to passing 30%
2. Different way to service 30%
3. Group competition 40%
Course：Volleyball
Class：Sophomore

I. Course Description:
1. To bring up the knowledge of volleyball skills.
2. To enhance the knowledge of volleyball skills.
3. Increase the importance of volleyball team spirit.

II. Teaching Objectives:
1. Skills practice in single.
2. Bring up teamwork spirit.

III. Class Schedule:
1. Overhand and underhand practice in different direction.
2. Different service practice
3. Receiving practice
4. One on one spiking and receiving practice
5. Different spiking practice
6. Digging net balls after blocking
7. Spiking and blocking practice
8. Rules explanation
9. Competition
10. Referees rotation

IV. Evaluation:
1. Overhand passing           15%
2. Service, spike and receiving 15%
3. Service in variety of ways   15%
4. Spike in variety of ways    15%
5. Competition（including rules knowledge） 40%
V. References:

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