

## COURSE: Volleyball Academy – Healthy Living 09 (HL09)

### INSTRUCTOR

Carla Peters  
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### RECOMMENDED PRE-REQUISITES

Students interested in SD22 academies must meet the requirements for acceptance determined by the Academy Director.

### CREDITS

n/a

### OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Sport Development Curriculum](#)

### BIG IDEAS

|                                                                                            |                                                                                      |                                                                  |                                                                                                         |                                                                                                            |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Movement awareness and skill development enhance physical literacy and learning potential. | Technical and tactical development are an essential part of sport specific training. | Improved strength and conditioning support athletic development. | Sport training enhances the understanding and appreciation of the health benefits of physical activity. | Sport cultures value and encourage positive communication, fair play, leadership and teamwork in athletes. |
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The objective of the Volleyball academy is to provide a structured and formal training program within the school timetable, committed to advancing both academic and athletic excellence. It aims to provide extensive Volleyball skill instruction alongside an SD22 academic education program.

Students/Athletes receive a Physical & Health Education 9 course along with this volleyball skills specific course taking the academy. Both courses are supported by vLearn.

The Academy operates in partnership with School District No.22 (vLearn) and Beyond Sport (<https://beyondsport.com/programs>).

### ASSESSMENT

Students will have the opportunity to demonstrate their learning through a variety of means such as presentations, reflections, peer coaching, and written assignments. Student growth and progress will be shared and communicated using the Provincial Proficiency Scale.

|                                         | EMERGING                                                                                                              | DEVELOPING                                                                                                           | PROFICIENT                                                                                                            | EXTENDING                                                                                                                  |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>The Provincial Proficiency Scale</b> | The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning. | The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning. | The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning. | The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning. |

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### **REGISTRATION**

Please see the SD22 Academies [website](#) for further information. Potential academy students must submit an Expression of Interest to be considered for academy courses.



Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



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