



“Lucky you! Now you get out of P.E. Right?”

“I wish! Coach gave me Sports and Activities Packets to do.”

Physical Education Sports and Activities Packets

Our P.E. Sports and Activities Packets CD contains thirty-three complete lessons. 428 pages.

Each packet includes these key components:

- ✓ History and rules of the game
- ✓ Current events and internet sites
- ✓ Skills and techniques
- ✓ Questions and Puzzles
- ✓ How the sport is played
- ✓ Teacher answers

P.E. Sports and Activities Packets are great for kids with medical outs, now they can actually earn a grade! —F. M., Newark

“No dress” excuses are at an all time low when using P.E. Packets. —J. W., Chicago

They’re so easy to use, there’s even a teacher’s answer section. —N. M., Portland

A great 30–40 minute lesson, select it and then print. CDs are compatible with both Macs and PCs.

- | | | |
|------------------|-------------------|-----------------------|
| 1. Volleyball | 12. Gymnastics | 23. Ice Hockey |
| 2. Badminton | 13. Football | 24. Dodge Ball |
| 3. Tennis | 14. Weightlifting | 25. Water Polo |
| 4. Basketball | 15. Dance | 26. Team Handball |
| 5. Bowling | 16. Field | 27. Lacrosse |
| 6. Soccer | 17. Track | 28. Frisbee |
| 7. Archery | 18. Racquetball | 29. Netball |
| 8. Wrestling | 19. Softball | 30. Table Tennis |
| 9. Golf | 20. Handball | 31. Flag Football |
| 10. Field Hockey | 21. Karate | 32. Floor Hockey |
| 11. Baseball | 22. Aerobics | 33. Cardio Kickboxing |

Item #985

- **Get rid of excuses!**
- **Supplement your curriculum**
- **Assess learning**
- **Justify grades**
- **Promote reading**
- **Promote writing**
- **Assign as homework**
- **Give as extra-credit**

Thirty-Three Sports! • Thirty-Three Lessons!

For free samples and more information: www.AdvantgePress.com

P.E. Sports and Activities Supplements

There's more. Twenty-three packets cover popular sporting events from the most current Olympic games—the 2008 Summer Olympics in China and the 2010 Winter Olympics in Vancouver.

And more! Students will be inspired by Sports Champions Packets. They'll learn about the "greats" in twelve major sports—from their athletic beginnings to their greatest professional and personal challenges and accomplishments.

Summer Olympics	Winter Olympics	Sports Champions
1. Archery	1. Bobsledding	1. Track (Owens, Didrikson, Thorpe, Rudolph)
2. Badminton	2. Biathlon	2. Field (Joyner-Kersey, Fosbury, Beamon)
3. Boxing	3. Short Track Skating	3. Ice Hockey (Howe, Orr, Gretzky)
4. Cycling	4. Curling	4. Weightlifting (Kono, Chermerkin, Alexeev)
5. Fencing	5. Luge	5. Gymnastics (Retton, Comaneci, Conner, Korbut)
6. Handball	6. Cross Country Skiing	6. Wrestling (Baumgartner, Gable, Keaser)
7. Volleyball	7. Ice Hockey	7. Tennis (Tilden, Ashe, King)
8. Pentathlon	8. Ski Jump	8. Baseball (Ruth, Maris, Clemens)
9. Taekwondo	9. Skeleton	9. Golf (Palmer, Nicklaus, Woods)
10. Soccer	10. Snowboarding	10. Soccer (Pele, Owen, Hamm)
11. Gymnastics	11. Downhill Skiing	11. Weightlifting (Kono, Chermerkin, Alexeev)
	12. Freestyle Skiing	12. Basketball (Naismith, Chamberlain, Jordan)

Item #989

Item #967

"I wish our teacher could do more about bullies in the locker room."



"Didn't you hear about the new discipline packets? Maybe things will change."

That's right, Advantage Press has the solution for those student who bully, are late to class, talk back, don't follow instructions and break other class rules. Packets get students to re-think their mistakes so they can do it right the next time. There are even packets to inspire bored, indifferent and unmotivated students.

Three programs to remediate and motivate:

- 1. Classroom Management Toolkit** You'll receive 30 packets to help you solve minor behavior and attitude problems that detract from a positive and productive class.
- 2. Bully Lessons** Solve bully problems in and out of the locker room with packets that help students reconsider their negative and destructive actions: 16 lessons that probe the reasons and consequences of bullying.
- 3. Motivation Lessons** Focus on the obstacles that keep students from achieving to their capabilities. Now you can help students see the connection between effort and achievement.

Classroom Management Toolkit

Behavior Packets on CD

1. Bothering Others
2. Cheating
3. Disobeying
4. Following Instructions
5. Food/Drink in Class
6. Improper Attire
7. Improper Language
8. Incomplete Work
9. Late to Class
10. Misbehaving for the Sub
11. Missing Work
12. Unprepared
13. Unsafe Actions
14. Untruthful
15. Wasting Time

Attitude Packets on CD

1. Anger
2. Arrogance
3. Bored
4. Defensive
5. Disrespectful
6. Inappropriate Humor
7. Indifference
8. Immaturity
9. Making Fun of Others
10. Refusing to Work
11. Rude Behavior
12. Selfishness
13. Stubbornness
14. Lacking Initiative
15. Unmotivated

Item #181

Bully Program

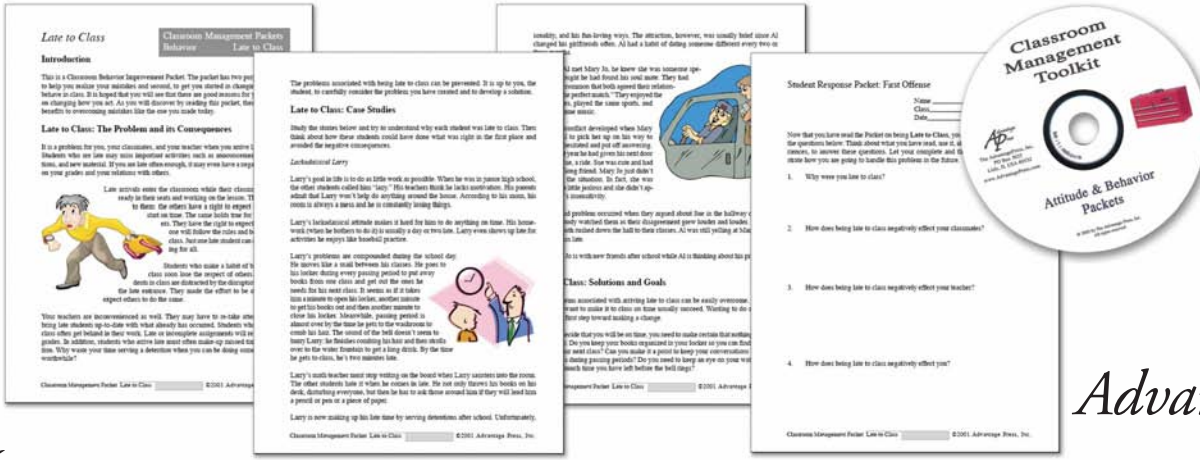
1. Being Bossy
2. Coercion
3. Disrespectful of Others
4. Embarrassing Others
5. Excluding Others
6. Extortion
7. Hitting or Kicking
8. Intimidation
9. Threatening Others
10. Name Calling
11. Sexual harassment
12. Shoving or Pushing
13. Spreading Rumors
14. Taking Another's Property
15. Teasing
16. Unprovoked Aggression

Item #883

Motivation Program

1. Coming from Behind
2. Constructive Criticism
3. The Value of Cooperation
4. Learning from Failure
5. Getting Ahead
6. Showing Initiative
7. Becoming Involved
8. Finding Meaning at School
9. Standing Up for Yourself
10. The Power of Planning
11. Positive Thinking
12. Taking Responsibility
13. Building Self-Confidence
14. Importance of School
15. Self-imposed Obstacles
16. Importance of Socialization

Item #877



Discipline packets are 30-40 minute lessons that conclude with student goal-setting. Completed packets make for great discussion starters. CDs are compatible with both Macs and PCs.

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Get our latest P.E. lessons
plus the help you need
with bullies and other
discipline problems.



VOLLEYBALL PACKET # 1

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding of the sport or physical activity.

INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players got their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but is virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.

HISTORY OF THE GAME

Volleyball originated in Massachusetts as the bladder of a basketball fit as was regulated by the YMCA. It was founded.

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may resume sooner if both teams are ready prior to 60 seconds. Extra time-outs are not granted during rally scoring, nor are time-outs accumulative during a match.

The game has a total of 15 points. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point. Each game must be won by a two-point margin. A match consists of either three or five 15-point games. The team which wins two (in a three-game set) games is the winner of the match.

erally has the final word who assists the referee, line men. Even though there are net, players who commit mistakes.

IMP

ill is called the "hand and elbows near the net. Play up into or against the net.

UNDERHAND

ball player to lean back and effective so that it rises a few feet if you are right arm is then extend.

The score was at 12-12, we Penn State Distances He - which gave After a time kill from the one, at 14-11 Megan Hood side that was hands and it Lions an im It matched f match history fifth-set score

Hodge - a four-year First-Team All-American - led five blocks. Penn State also got 13 kills and 14 digs for 313 hitting from Darcy Dorton, 22 digs and two ace blocks from Fatima Balza.

Volleyball is also an Olympic sport. At the 2008 Olympic Games, the USA women's team won the gold medal.

Medallists in the 2008 Beijing Olympic Indoor and listed below:

Indoor Competition:

Men's:
GOLD - USA
SILVER - BRAZIL
BRONZE - RUSSIAN FEDERATION

Women's:
GOLD - BRAZIL
SILVER - USA
BRONZE - CHINA

Beach Competition:

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STUDENT RESPONSE PACKET VOLLEYBALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of volleyball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

- Why is volleyball considered to be such a good aerobic exercise?
- How many total points can be scored in a game of volleyball?
- What does "a match" in volleyball consist of?
- What clothing is typically worn for playing volleyball?

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