



“Hey, what’s up with these sports packets? I hear you have to do them when you forget your gym clothes.”

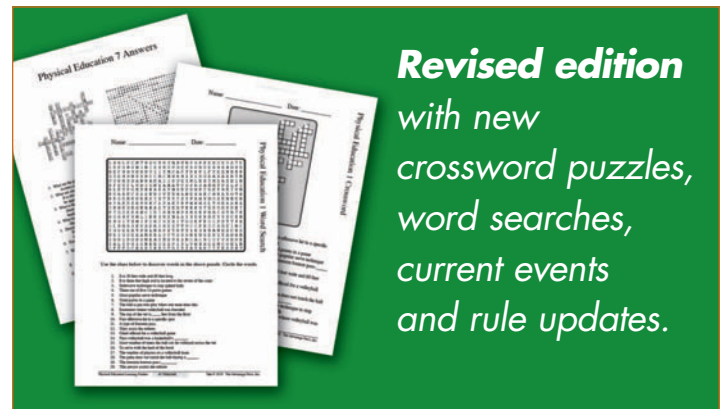
“Yeah, I had to work them when I was out of P.E. with a sprained ankle!”

## Physical Education Sports and Activities Packets

Our P.E. Sports and Activities Packets CD contains thirty-three complete lessons. Over 400 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



**Revised edition** with new crossword puzzles, word searches, current events and rule updates.

A great 30–40 minute lesson. Simply select it and then print. CDs are compatible with both Mac and PC.

## Thirty-Three Sports!

- |                  |                   |                       |
|------------------|-------------------|-----------------------|
| 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**

\*Research shows that reading and writing across the curriculum enhances student achievement in all subjects.

**For free samples and more information: [www.AdvantgePress.com](http://www.AdvantgePress.com)**

## P.E. Sports and Activities Supplements

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

**Still looking for 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. Basketball (Naismith, Chamberlain, Jordan)
	12. Freestyle Skiing	

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 a solution for those students who bully, are late to class, talk back, don't follow instructions and break other class rules. Self-directed 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. Just simply select a packet, print it and your students are on their way to self-improvement.

**Three CD 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

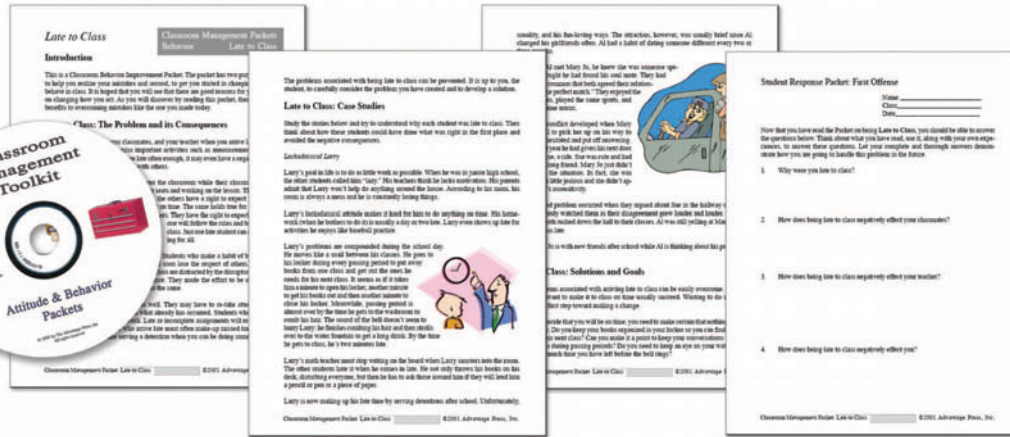
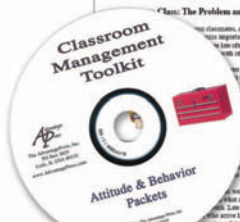
1. Being Bossy
2. Coercion
3. Disrespectful of Others
4. Embarrassing Others
5. Excluding Others
6. Extortion
7. Hitting or Kicking
8. Intimidation
9. Threatening Others
10. Name Calling
11. Sexual harassment
12. Shoving or Pushing
13. Spreading Rumors
14. Taking Another's Property
15. Teasing
16. Unprovoked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

AdvantagePress INC.

ORDER FORM

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### P.E. Sports and Activities Packets & Supplements

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- #967 Sports Champions .....\$110.00
- #989 Olympics (Summer/Winter) .....\$110.00
- #990 Discount Set (#985, #967, #989) ....\$355.00

### Behavior and Motivation Packets

- #181 Classroom Management Toolkit .....\$110.00
- #883 Bully Packets .....\$110.00
- #877 Motivation Packets.....\$110.00
- #888 Discount Set (#181, #883, #877) ....\$295.00

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Get our revised P.E. lessons  
with new puzzles and rule  
updates, 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 in 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 in 1895 when Dr. William G. Morgan created the bladder of a basketball for use as a ball. It was regulated by the YMCA and was founded.

Physical Education Learning Packets #1 Volleyball June © 2010 The Advantage Press, Inc.

**HOW VOLLEYBALL IS PLAYED**

The name "volleyball" is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.

Volleyball is played on a court about 30 feet wide by about 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned about eight feet (in men's volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball and weighs between nine and ten ounces.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is "volleyed" back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a "hit."

**VOLLEYBALL SCORING SYSTEMS**

**RALLY POINT SCORING**

When a team wins a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its position clockwise. The best of three or best of five set matches. Each non-deciding game will be won that first scores 25 points with a minimum margin of 2. If there is a deciding game, it will be won by the first team to score 15 points with a minimum two-point margin.

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 foul, 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 match) or three (in a five-game match) games is the winner of the match.

erally has the final word who assists the referee, team. Even though these are, players who commit mistakes.

**UNDERHAND**

ball player to lead line, and get the ballular and effective so that it rises a few feet if you are right arm is then extreme.

Hodge - a four-year First-Team All-American - led his five blocks. Penn State also got 13 kills and 14 digs in 333 minutes from Darryl Dornon, 22 digs and two ace blocks from Fatima Balza.

Volleyball is also an Olympic sport. At the 2008 Olympic Games, 12 teams in competition.

Medalists in the 2008 Beijing Olympic Indoor and Beach Volleyball:

**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.

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

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Enhance your curriculum with ready-to-use P.E. lessons!