

AMS POBUL REDDY PUBLIC SCHOOL

SPORTS CLUB - CLASSES VI TO X

SEPTEMBER - 2016

VOLLEY BALL



SPORTS IS FRIENDSHIP, SPORTS IS HEALTH, SPORTS IS EDUCATION,
SPORTS IS LIFE AND SPORTS BRINGS THE WORLD TOGETHER.

As a faculty of Sports Club I taught the students of classes VI To X The techniques of playing volley ball

Playing volleyball on a regular basis is one way to increase ones physical activity level, which helps to become fit ,healthy and energetic.

During the month of June and July the techniques of Under arm pass, and Under arm setting were taught to the students. Students developed eye and hand co-ordination .



During month of August and September after teaching the technique of upper arm pass Students performed well and demonstrated their skills in the game.

Students thoroughly enjoyed all these activities and learnt the rules of the game. Their physical fitness, stamina agility and body-hand co-ordination were enhanced. They developed physical and social skills.

Volley Ball is 90% Heart, 10% Skill and 10% Passion.

You always give 110!!!

No matter what!



Mr. LOKESH