

# Gym

Instructor: Lisa Bloom

Class Code : Gym 350

Tuition : None

Length of Class (1st sem/ 2nd sem/both) fall

Materials Fee : \$10

## Description:

Different types of athletic activities will be chosen based on the students' interests. Some options may include soccer (different types of kicks, the positions on the field, moving without the ball, etc.), basketball (dribbling, passing, shooting, fast breaks for 2 on 1 & 3 on 2, zone defense vs. man to man, offenses, defenses like 1-3-1 & 1-2-2 zones, how to move and react to the ball, etc.), wiffleball (force out vs. tag, baseball rules, etc.), and volleyball (concepts & scoring, different hits like bumps, sets, spikes, and digs). Other options include shuffleboard, presidential fitness drills focusing on agility, badmitton, intro to Karate, intro to self defense, square dancing, kickball, dodgeball, flag football, pickle ball, and frisbee. Suggestions are welcome.

Enrollment:

5

Max: None

Pre-Requisites: 6th-12th grade

Required Text:

None

Additional Materials:

None

## Contact Information

Name: Lisa Bloom

Email: [zyxwabbcc@yahoo.com](mailto:zyxwabbcc@yahoo.com)