

Volleyball!

October 26- October 30

Day 1: Parent signature_____

Volleyball, along with other sports, requires you to have a physically fit heart (cardiovascular fitness). The longer the game goes on, the better you want your cardio to be to achieve maximum potential.

On day 1 I would like for you to go outside and perform a cardiovascular exercise of your choice. (eg. Walking, jogging, bike riding, swimming, etc.)

Day 2: Parent signature_____

<https://quizlet.com/273452586/test>

Complete the quizlet questions on volleyball. It will not be for a test grade it is for you to better understand the game and the terminology.