

# DDMS(AMS)P.OBUL REDDY PUBLIC SCHOOL

SEPTEMBER - (2019 - 20)

CLASSES - IX & X



## SPORTS CLUB ( VOLLEY BALL )

*Sport is Friendship, Sport is Health, Sport is Education,*

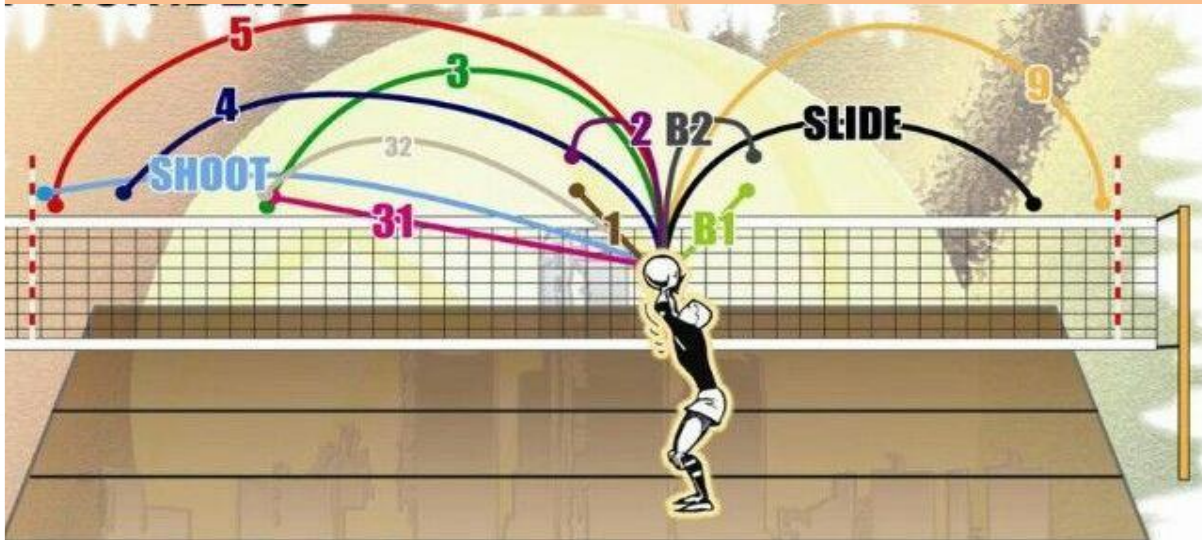
*Sport is Life and Sport brings the World Together.*

*Through the Sports Club, we teach students how to play Volley Ball and develop physical fitness, goal setting, agility, hand and body co-ordination, discipline, how to deal with triumph and defeat & team spirit in them.*

*Playing volleyball on a regular basis is one way to increase one's physical activity level, which will help to get fit and toned, as well as healthy and energetic.*

*During the months of June and July, students were taught the skills of Under arm pass, Upper arm pass and Under arm serve to improve their hand and body co-ordination.*





*During the months of August and September, under arm serve, fore arm pass, holding and other specific skills of Volley ball were taught to the students. They learnt these skills enthusiastically and performed well.*

Mr.Lokesh

Sports In charge Teacher