“童之韵”乡村少年宫

活动记录

活动内容 排 球

辅导老师 吴志鹏

常州市新北区薛家“童之韵”乡村少年宫

二0一九年九月

**排球社团学生名单**

2020年1月

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 序号 | 班级 | 姓名 | 序号 | 班级 | 姓名 |
| 1 | 四1 | 范殿杨 |  |  |  |
| 2 | 四2 | 刘东阳 |  |  |  |
| 3 | 四4 | 李毅 |  |  |  |
| 4 | 四5 | 陈子涵 |  |  |  |
| 5 | 四5 | 李杰 |  |  |  |
| 6 | 四6 | 赵煜泽 |  |  |  |
| 7 | 四9 | 李玉鹤 |  |  |  |
| 8 | 四10 | 王韵喆 |  |  |  |
| 9 | 四12 | 王思齐 |  |  |  |
| 10 | 四12 | 曾浩宇 |  |  |  |
| 11 | 四12 | 杨欣浩 |  |  |  |
| 12 | 四14 | 高天宇 |  |  |  |
| 13 | 四14 | 谢衍康 |  |  |  |
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**薛家中心小学排球社团学生成绩**

2020年1月

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| --- | --- | --- | --- | --- | --- |
| 序号 | 班级 | 姓名 | 等地 | 备注 |  |
| 1 | 四1 | 范殿杨 | 优秀 |  |  |
| 2 | 四2 | 刘东阳 | 优秀 |  |  |
| 3 | 四4 | 李毅 | 优秀 |  |  |
| 4 | 四5 | 陈子涵 | 优秀 |  |  |
| 5 | 四5 | 李杰 | 优秀 |  |  |
| 6 | 四6 | 赵煜泽 | 优秀 |  |  |
| 7 | 四9 | 李玉鹤 | 优秀 |  |  |
| 8 | 四10 | 王韵喆 | 优秀 |  |  |
| 9 | 四12 | 王思齐 | 优秀 |  |  |
| 10 | 四12 | 曾浩宇 | 优秀 |  |  |
| 11 | 四12 | 杨欣浩 | 优秀 |  |  |
| 12 | 四14 | 高天宇 | 优秀 |  |  |
| 13 | 四14 | 谢衍康 | 优秀 |  |  |
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**乡村少年宫排球社团学生名单及考勤记录**

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| 班级 | 姓名 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 四1 | 范殿杨 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四2 | 刘东阳 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四4 | 李毅 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四5 | 陈子涵 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四5 | 李杰 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四6 | 赵煜泽 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四9 | 李玉鹤 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四10 | 王韵喆 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四12 | 王思齐 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四12 | 曾浩宇 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四12 | 杨欣浩 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四14 | 高天宇 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 四14 | 谢衍康 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
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**乡村少年宫排球社团学生名单及考勤记录**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 班级 | 姓名 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 四1 | 范殿杨 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四2 | 刘东阳 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四4 | 李毅 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四5 | 陈子涵 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四5 | 李杰 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四6 | 赵煜泽 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四9 | 李玉鹤 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四10 | 王韵喆 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四12 | 王思齐 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四12 | 曾浩宇 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四12 | 杨欣浩 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四14 | 高天宇 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
| 四14 | 谢衍康 | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  |  |
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**每周活动内容安排**

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| 周次 | 内容 |
| 1 | 垫球练习 |
| 2 | 身体素质练习 |
| 3 | 发球学练 |
| 4 | 垫球练习 |
| 5 | 身体素质练习 |
| 6 | 发球学练 |
| 7 | 移动步伐训练 |
| 8 | 发球练习 |
| 9 | 组内比赛 |
| 10 | 轮发球练习、移动训练 |
| 11 | 传垫球练习 |
| 12 | 身体素质练习 |
| 13 | 发球练习 |
| 14 | 组内比赛 |
| 15 | 完整练习 |
| 16 | 组内比赛 |

童之韵乡村少年宫活动过程记录

日期 1.18 辅导老师吴志鹏

活动过程1、热身

2、正面下手发球

3、徒手模仿练习

4、轮流抛球做发球练习

5、相距8－10米，做发球练习

6、三米线外，发球练习

童之韵乡村少年宫活动过程记录

日期 1.20 辅导老师吴志鹏

活动过程1、热身

2、脚步移动：滑步、交叉步、后退跑、三米移动

3、隔网对垫

4、轮流发球，多人接发球练习

5、放松活动

童之韵乡村少年宫活动过程记录

日期 1.19 辅导老师吴志鹏

活动过程1、热身

2、垫球练习

3、正面下手发球练习

 4、接发球，组织进攻练习

 5、对内小比赛

童之韵乡村少年宫活动过程记录

日期 1.21 辅导老师吴志鹏

活动过程1、热身

2、脚步移动：滑步、交叉步、后退跑、三米移动

3、隔网对垫

4、轮流发球，多人接发球练习

5、身体素质练习

童之韵乡村少年宫活动过程记录

日期 1.22辅导老师吴志鹏

活动过程1、热身

2、垫球练习

3、正面下手发球练习

4、接发球，组织进攻练习

5、队内小比赛

6、相距8－10米，做发球练习