

Accelerated Volleyball I

Instructor: Mrs. Gretchen Wahl

Prerequisite: Complete and pass PE I, PE II

Office Phone: (763) 506-8447

E-mail: Gretchen.wahl@ahschools.us

Course Description:

This class is designed to provide an opportunity for learning and practicing the fundamental skills and team strategies used in competitive volleyball. As skills progress, various lead-up games will be played. The focus of this class will be on developing Volleyball Skills through drills, game play, and position specialization allowing one to become a more competitive player. Active Engagement is MANDATORY! Come ready to sweat, work hard and have fun!

Grading % and Physical Education Requirements:

Active Engagement (80%) – The student is actively engaged in classroom activities (Warm-up, drills, activities, modified games and game activities).

1. **Personal/Social Responsibility** – The student exhibits responsible personal and social behavior that respects self and others.
2. **Motor Skill** – The student demonstrates competency in a variety of motor skills and movement patterns.

Knowledge/Formative Assessment (10%) – The student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

District Summative Assessment (10%) – The student demonstrates the knowledge of concepts to achieve and maintain a health-enhancing level of physical activity and fitness.

Grading Procedure:

If you are actively engaged the entire class period you will earn 5 points. This will make up the majority of your final grade. Points will be deducted for not being actively engaged for the entire class period. In addition to the active engagement points there will also be points for unit tests, written work, and class assignments.

Standard grading scale of:

93 %+ A	73%+ C
90% + A-	70%+ C-
87%+ B+	67%+ D+
83%+ B	63%+ D
80%+ B-	60%+ D-
77%+ C+	0%+ F