

Accelerated Volleyball I

Instructor: Mrs. Gretchen Wahl

Course: Power Volleyball I

Prerequisite: Complete and pass 10th Grade Physical Education

Office Hours: 7:00-7:45 **Office Phone:** (763) 506-8447

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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. This is an elective class and Active Engagement is **MANDATORY!** Come ready to sweat, work hard and have fun everyday!

Daily Grading:

Standard 1: Student demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skill to achieve a health-enhanced level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Student recognizes the value of physical activity through health, enjoyment, challenge, self-expression, and/or social interaction.

Active Engagement (90%) Standards #1 through #5.

District Summative Assessment (10%)

Standard grading scale of:

93 %+ A

90% + A-

87%+ B+

83%+ B

80%+ B-

77%+ C+

73%+ C

70%+ C-

67%+ D+

63%+ D

60%+ D-

0%+ F

ANDOVER HIGH SCHOOL

Physical Education Expectations

Attendance

- Students must report to the gym for attendance when the bell rings.
- Students will be given 5 minutes to change after attendance and before the end of the class period. Students who take showers will be given extra time.

Tardy Policy

- After the first, second, and third tardy parents will be notified and teacher consequences be assigned. After the tardy, student is referred to administration.

Locker Rooms

- All PE students will be assigned a combination lock and locker.
- Cell phone use will not be permitted in the locker rooms.

Clothing for Physical Activity

- It is required that students have a change of clothing that is appropriate for physical activity. For example, athletic shorts/shirt/tennis shoes are all appropriate for class.

Safety

- No food or drink are allowed in class, the gyms or in the weight room.
- Do not touch or use any equipment without the teacher's permission.
- No cellphones, electronic devices or ear buds allowed in PE classes after attendance is taken, unless given permission by teacher.
- There will be a zero tolerance on all bullying and harassment.

Injury/Illness

- If a student is unable to fully participate due to injury or illness, he/she must bring a written parent/guardian or doctor note to the school nurse **BEFORE SCHOOL** in the morning.
- Any injury resulting in **NO PARTICIPATION** for a **cumulative total of 15 school days or longer** per trimester, will require the student to drop physical education, and retake the class.
- Any injury resulting in **LIMITED OR MODIFIED PHYSICAL ACTIVITY** for a **cumulative total of 25 school days or longer** per trimester, will require the student to drop physical education, and retake the class .

Make-up Work

1. Make-up work is required for ALL absences. **Absent Re-do's can be done before school, after school, or by completing Absent Make-up sheets. Before and after school re-do's need to be arranged with your teacher.**
2. Make-up forms are located in both the Women's and Men's Phys. Ed. Offices and online.