

P.S. 035 Manhattan High School Course Syllabus

Course Code: PQF11QQM-5&6, PQF11QF-5

Course Name: Physical Education

Teacher Name: Waver

Year and Term: Summer

Learning Standards:

Personal Health and Fitness, Safe and Healthy Environment and Resource Management

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Students will understand and be able to manage their personal and community resources.

Course Description:

Through physical fitness and game play students will learn fundamental techniques and strategies that will help them become active participants in a life-long healthy lifestyle.

Calendar or Unit Map:

Soccer-Skill development related to the sport learned through game play and tournament play.

Football-Basic strategic and skill concepts will be learned through drills and game play.

Ultimate Frisbee-Rules and regulations will be covered as well as skill development learned through drills and game play.

Lacrosse-Introduction of basic concepts and skills needed to perform in drills/games).

Floor Hockey-Introduction to skill concepts and rules/regulations that pertain to activity and game play.

Dodge Ball-Rules/regulations and well as strategic concepts will be covered through actual game play.

Cooperative Games-Activities will be used to teach students to work together to solve specific outlined tasks.

Fitness-General and specific concepts of muscle groups related to fitness as well as sport/activity usage.

Basketball -Basic and advanced skills that pertain to drills and game play will be covered as well as strategy.

Baseball-General knowledge and fundamental skill progression will be covered during game play.

Course Materials:

- Gym Equipment
- Health Workbooks

Grading Policy:

Students will be graded as follows:

20% Attendance

30% Behavior

50% Participation

Other Expectations: Any student who wishes to complete individual pages in a health workbook instead of participation in the daily lessons will be given their own book and allowed to work independently to complete.