

P.S. 035 Manhattan High School Course Syllabus

Course Code: PQF11 Sections 1 and 3

Course Name: Physical Education

Teacher Name: Waver

Year and Term: Summer 2020

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 this course of physical fitness and health related topics students will better understand fitness/health and will develop strategies that will help them become active participants in a life-long healthy lifestyle.

Calendar or Unit Map:

FITNESS ROUTINE

HEART RATE

INJURY CARE/PREVENTION

THE IMPORTANCE NUTRITION/ACTIVITY PLAYS IN PHYSICAL DEVELOPMENT

SOCIAL/EMOTIONAL BENEFITS OF BEING PART OF A TEAM

Course Materials:

Ipad/Laptop/Smart Phone/Desk-Top Computer

Videos

Access to the internet/Websites

Grading Policy:

Students will be graded as follows:

100% Participation of completed assignments

Other Expectations: Students will check in to the class rooms regularly/use the live MEETS so that the PE staff and Administration can be aware of any difficulties that might arise through remote learning.

