

# P.S. 035 Manhattan High School Course Syllabus

Course Code: PPS11QQR  
Course Name: Physical Education  
Teacher Name: Waver  
Year and Term: 2020-2021 Term 2

## 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 education and health concepts students will learn fundamental vocabulary, practices and strategies that will help them become better educated on what it takes to live a life-long healthy lifestyle.

**Grading Policy:** Each assignment posted will be graded out of 10 points with the accumulated total being calculated to demonstrate an overall percentage calculated by overall days in the semester.

## Calendar or Unit Map:

Habits of top tiered athletes

Development of exercise routines

Diet and exercise

Current events

Mental approach to athletics

## Course Materials:

- Related Articles

- Related Videos
- Google Classroom

**Grading Policy:**

Students will be graded as follows:

100% Classwork participation in assignments (Assignments will be graded out of 10 according to specifics of the assignments)

**Other Expectations:** Students will participate in the LIVE MEETS and use proper etiquette while engaging.