

Physical Education Syllabus

Spring 2021

Teacher: Steven Rivera

Classes: Remote Physical Education PPS11QQB-07

Contact: srivera49@manhattanhs.org

Instructor Philosophy:

The goal of Physical Education is to facilitate students in improving their quality of life through promotion of lifelong health enhancing physical activity. Our goal is simple, to help motivate and encourage students to participate in physical activities for a lifetime. We want to improve every child's overall quality of life. To do this, we need students to approach physical education with an open mind and be willing to try different activities as a team, working together with their peers towards common goals.

Topics: Meditation, self-awareness, tai chi, sports marketing, business, and sports, how to start a brand, sports advertising, rules in organized sport, social awareness, emotional regulation.

Grading: Each **completed** assignment is worth **10 points**. Extra credits are available weekly.

A 95-100

A- 90-94

B+ 87-89

B 83-86

B- 80-82

C+ 77-79

C 73-76

C- 70-72

D+ 67-69

D 63-66

D- 60-62

F 59 or less

Attendance: Attendance is taken every day. Acceptable forms of attendance: 1) Please comment on the class stream, 2) email me, 3) submit an assignment.

Class Rules and Expectations:

1. Sportsmanship/ Respect: Encourages others, takes turns, shares with classmates, and does not put others down. Honor the commitment of others in your class by giving fully of yourself. Be respectful to the class, the teacher, and the equipment.
2. Effort/ Participation: Active participation, always on task, consistently pushes self, prepared for class activities.
3. Safety: Be safe. Create a level of safety so that other people can relax and feel comfortable.
4. Clothing: Student dresses in proper physical education attire.

Physical Education Syllabus

Spring 2021

Teacher: Steven Rivera

Classes: Remote Physical Education PPS11QQB-08

Contact: srivera49@manhattanhs.org

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Physical Education Syllabus

Spring 2021

Teacher: Steven Rivera

Classes: Remote Physical Education PPS11QQR-17

Contact: srivera49@manhattanhs.org

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