

Remote Physical Education Syllabus

Sections 1,3,15

Teacher Ms. E Gerdes

Class Description:

Physical education is a class where students will develop overall personal fitness by exercising, developing skills, and gaining knowledge about personal fitness. This will be accomplished by participating in a dynamic fitness regimen. Where the students have a choice. Students will learn the importance of exercise and how it relates to a healthy lifestyle. Through this development of knowledge in lifetime fitness, students will be encouraged to be active throughout their life time and know why it is important to their overall health.

Class Rules:

1. Be safe (be mindful of the moves you do, modify a move first to learn the form or when tired.)
2. Come to google classroom on time
3. Be respectful to each other and the teacher.(Only encouragement is allowed and no profane language.)
4. Come ready to work and Have Fun!

Grading:

1. Complete 2 assignments a week. (3) (Extreme Sports and Workout/Meditation)
2. Check in daily on the google stream

Please Email me at egerdes@manhattanhs.org if you have any questions

Remote Physical Education Syllabus
Sections 10,11,12
Teacher Ms. E Gerdes

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Class Rules:

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2. Come to google classroom on time
3. Be respectful to each other and the teacher.(Only encouragement is allowed and no profane language.)
4. Come ready to work and Have Fun!

Grading:

1. Complete 2 assignments a week. (3)
2. Come to 1 Google classroom on time a week (T, W, TR 8-9am) (2)
If you can not make it class, please let me know in advance and we can create a make up session if needed.
3. Check in daily on the google stream

Please Email me at egerdes@manhattanhs.org if you have any questions.
Looking forward to a good semester.