

P.S. 035 Manhattan High School Course Syllabus

Course Code: PHF11 Sections 2,4 and 5

Course Name: HEALTH

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 health and well-being related topics students will better understand overall health and will develop strategies that will help them be aware of how to live a long healthy lifestyle.

**Calendar or Unit Map:**

DIET

THE BENEFITS OF BEING ACTIVE

CONSEQUENCES OF AN UNHEALTHY LIFESTYLE

WELLNESS

NEGATIVE INFLUENCES ON THE BODY

**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.

