

# P.S. 035 Manhattan High School Course Syllabus

Course Code: PQS11QQM

Course Name: Physical Education

Teacher Name: Waver

Year and Term: 2018-2019 Term 1

## 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 fitness and game play students will learn fundamental techniques and strategies that will help them become active participants in a life-long healthy lifestyle.

## Calendar or Unit Map:

Volleyball (Basic concepts of skills related to the sport through game play and possible tournament play)

Matball (Basic concepts of rules and regulations as well as strategy related to game play)

Fitness (General and specific concepts of muscle groups related to fitness as well as sport/activity usage.

Fitnessgram (NYC fitness test will be practiced and administered throughout the year with a completion date in April 2018)

Dodge Ball (Rules/regulations and well as strategic concepts will be covered through actual game play).

Basketball (Basic and advanced skills that pertain to drills and game play will be covered as well as strategy).

Kickball/Baseball (Rules and regulations will be covered will be covered through game play).

Physiology/Anatomy (Specific muscle groups and bones will be identified to help improve student knowledge and wellness).

**Course Materials:**

- Gym Equipment
- Health Workbooks
- Fitnessgram CD

**Grading Policy:**

Students will be graded as follows:

20% Attendance

30% Behavior

50% Participation

**Other Expectations:** Any student who wishes to complete health workbook pages instead of physical participation will be given their own book and allowed to work independently to complete various chapters outlined.