P.S. 035 Manhattan High School

Syllabus for Health Teacher: Ellisheva Gerdes Year 2020-2021

Learning Standards

Standard 1 Health and fitness Standard 2 A Safe and Healthy Environment Standard 3 Resource Management

Course Description:

This is a half year course and a credit to graduate high school. This course will give the students the knowledge and skills to practice healthy behaviors and reduce their health risks. The teacher will cover six major risk areas faced by teens. This is a skills based course that promotes health literacy.

Course Objectives: The goal is to "promote the healthy growth and development of youth and give them skills for making healthy choices that will affect lifelong behavior patterns and the quality of their lives" (Health Smart Associates, Scotts Valley, California)

Units:

Emotional and Mental Health Violence and Injury Prevention Nutrition and Physical Activity Abstinence, Personal and Sexual Health HIV/AIDS Tobacco, Alcohol and other Drug Prevention

Course Materials:

Pen Laptop/lpad Notebook (given in school)

Grading Policy:

All assignments should be submitted on time is you have a problem please let me know. Assessment 30% Homework 30% Project/Presentation 35% Exit Pass 5%

Expectations:

Please make sure you are on time to class. If you have an excused absence check in with me for homework or on google classroom. You will have a week to return the work. Assignments must be turned in on time. Please communicate with me if you have any questions.

You can contact me via email egerdes@manhattanhs.org. If you need anything, feel free to see me during a free period or let me know when you can do a google meet.