

## P.S. 035 Manhattan High School Course Syllabus

Course Name: Physical Education

Teacher Name: Mr. Geller

Year and Term: Fall 2023

**Learning Standards:** 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:** During health class, the students will learn the various skills, terms, techniques and procedures to help foster a healthy lifestyle well into adulthood. Topics covered will include Social/Emotional and Mental health, Nutrition and Physical Activity, Alcohol, and Other Drug-Use Prevention, Sexual Health, Safety and Injury Prevention. The students will have multiple instances to practice these skills through individual work, group work, homework and presentations. The students will learn to use various resources in order to find necessary information to better help their overall healthy lifestyle through newspaper articles, scientific journals, internet searches, and audio/visual presentations. The students will be graded both formally and informally, on homework, projects, in class work and discussions, as well as on quizzes and tests. If a student is absent, it is the teacher's discretion if they will be allowed to make up the work.

**Class Expectations:** Students are expected to be on time to class everyday, with a pencil or blue/black pen. At no time during the class should the students be using a cell-phone, unless given permission by the teacher.

### **Grading Policy:**

Class work: 15%

Projects: 15%

Test and Quizzes: 15%

Homework: 15%

Participation: 20%

Attendance: 20%