

# P.S. 035 Manhattan High School Course Syllabus

Course Name: Physical Education

Teacher Name: Mr. Geller

Year and Term: Spring 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:** Students will engage in a variety of sport and exercise routines designed to engage and increase cardiovascular strength, muscular endurance, muscular strength and flexibility. Likewise, the students will engage in activities designed to improve social connections between students.

**Course Materials:** Various Exercise and Sport Equipment

**Grading Policy:** Participation 50% (actively involved in class, proper attire)

Sportsmanship 33% (respect, attitude, behavior),

Class/Job rules, etiquette and procedure 33% (sitting in floor spots, not using cell-phones, backpack in locker, properly waiting near elevator for class to begin, not leaving class without permission, not disrupting other classes, coming to class on-time)

## Other Expectations:

- Students will be expected to wear sneakers and a crew neck t-shirt as well as attire that does not limit their mobility for every physical education class. **Crop tops, tank tops, spaghetti straps, boots, sandals, slippers, Crocs are not acceptable and will be marked unprepared for the class, resulting in a loss of participation points.**
- Students may wear jeans, but if it limits their ability to participate in any part of the PE class, they will be marked unprepared and lose points towards their participation grade.
- Students will **not be allowed** to have earbuds in their ears, phones out, hoods or doo rags on, or use any form of negative or derogatory language in any regards.
- **Students taking class on the 7th floor are not allowed to have their backpacks or jackets in the gym and are required to buy a lock and get a locker on the 2nd floor and leave their book bags in the locker during PE class.**
- Students will show respect to the facility, the equipment, the teachers and their peers.