

P.S. 035 Manhattan High School  
Physical Education  
Ms. Gerdes Year  
Term: 2022-2023

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 exercise and sport 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.

Unit Map: Fitness Gram, Pickleball, Frisbee, Basketball, Backyard Games, Ping Pong, Fitness, Yoga Course

Materials: Various Exercise and Sport Equipment

Grading Policy: Participation 50%, Attendance 20%, Sportsmanship (language, respect, attitude, behavior) 20%, Written Work/Tests 10% Other

Expectations: Students will be expected to have sneakers and athletic attire on for every physical education class. This means a t-shirt, sweatshirt, athletic shorts or sweatpants. Crop tops, tank tops, spaghetti straps, boots, sandals, shoes are not acceptable and will result in a loss of participation points. 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 bags 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.