

P.S. 035 Manhattan High School Course Syllabus

Course Code: PPS11QQM  
Course Name: Physical Education  
Teacher Name: Waver  
Year and Term: 2022-2023 Term 2

**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:**

PE OUTLINE

**Sports/Topics covered this year:**

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 May 2023)

Soccer (Skill development related to the sport learned through game play and tournament play).

Football (Basic strategic and skill concepts will be learned through drills and game play).

Ultimate Frisbee (Rules and regulations will be covered as well as skill development learned through drills and game play).

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

Cooperative Games (Activities will be used to teach students to work together to solve specific outlined tasks.

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).

Physical fitness challenge (obstacle course and endurance challenges will be presented to students and attempted for a timed outcome)

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

**Other Considerations: Any student who completes daily written statements, obstacle course, diet journal, 3-page paper or presentation can earn credit to pass the class.**