

P.S. 035 Manhattan High School

Physical Education

Ms. Gerdes

Year: 2023-2024

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, Table tennis, Fitness, Yoga

Materials: Various Exercise and Sport Equipment

Grading Policy: Participation 50%, Attendance 30% Sportsmanship (language, respect, attitude, behavior) 20%, Written Work/Tests

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. Book bags in locker.

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.

P.S. 035 Manhattan High School Syllabus for: Health

Teacher Name: Ellie Gerdes

Year: 2023-24

Learning standards:

Standard 1 Health and Fitness Standard

2 A Safe and Healthy Environment Standard

3 Resource Management Students Students will demonstrate effective communication skills to enhance emotional health. Students will describe strategies for maintaining an optimistic outlook. Students will change negative self-talk to positive self-talk to promote emotional health.

Course Description: 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 skill- 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 effect life-long behavior patterns and the quality of their lives.” (Health Smart Associates Scotts Valley, California)

Units: Emotional & Mental Health Violence & Injury Prevention Nutrition & Physical Activity Abstinence, Personal & Sexual Health, HIV/AIDS Tobacco, Alcohol & Other Drug Prevention/(Alternative Health Project)

Course Materials: Note Book or Section in binder - A pencil or pen - Health Smart Work Book (stays in class)

Grading Policy: Assessments (30%) Assignments in Workbook Homework (20%) Pages in your workbook will be graded. (If you do not turn them in you get a 0) Participation (20%) Projects/Presentations (25%) (You may be assigned a project per unit.) Exit Pass (5%) Exit passes are done at the end of class.

Attendance Policy/ Expectations: Please make sure you are on time to class. If you have an excused absence check in with me for homework. You will have a week to

get the homework back to me if you are out. Assignments must be handed in on time. If they are not handed in on time they will be a 0. If they are handed in late, they will be an L, which may lower your grade. I expect to find the "do now" written in your notebook every day, and that you will make up missing notes and assignments for the days you are absent.

Please contact me if you have any questions about anything. My email is egerdes@schools.nyc.gov. If you ever need anything, feel free to see me during a free period, or during your lunch and I will do whatever I can to help.

Room 226 Email egerdes@schools.nyc.gov