

**P.S 035 Manhattan High School**  
**Course Code: PPS11QDB**  
**Syllabus for: Physical Education**  
**Teacher Name: Ellie Gerdes**  
**Year and Term: 2017-2018 Term 1**

**Learning standards:**

Standard 1 Health and Fitness  
Standard 2 A Safe and Healthy Environment  
Standard 3 Resource Management

**Course Description:**

Students will be learning ways to improve their physical fitness and be introduced to a variety of sports throughout the year.

**Course Objectives:**

Students will be exposed to a variety of activities providing them the opportunity to apply learned fundamental skills. They will be able to utilize physical activity as a tool to manage stress and lead a healthy active life style.

September – Introduction to PE and Fitness Gram, Fitness stations  
October – Fitness stations  
November – Volleyball  
December – Soccer  
January – Football Flag  
February – Basketball/Team Handball  
March – Project Adventure low level games  
April - Pickle Ball  
May – Yoga  
June – Street Games

**Course Materials:**

- Sneakers
- T-Shirt
- Sweatpants/Shorts
- Sweat Shirt

**Grading Policy:**

Participation: 35%

Preparation: 35%

Evaluations: 30%

**Other Expectation:**

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.

While in the gym do not touch equipment until you are told to do so.

You can contact me if you have any questions about anything.

My email is [egerdes@schools.nyc.gov](mailto:egerdes@schools.nyc.gov). If you ever need anything, feel free to see me during a free period, or during lunch and I will do what ever I can.