



MULTICULTURAL HIGH SCHOOL

999 Jamaica Avenue
Brooklyn, NY 11208
Telephone: 718-827-2796 Fax: 718-827-3970



RESPECT • TENACITY • COLLABORATION • INNOVATION • PERSEVERANCE

Physical Education / Health Syllabus

Academic Year 2025-2026	Trimester 1 (end)	December 6, 2025
	Trimester 2 (end)	March 7, 2026
	Trimester 3 (end)	June 13, 2026

Course Description:

Students will be able to perform various body stretches to improve their body composition.

Individually, students will learn and be able to perform fitness exercises to help them build their muscular endurance.

Students will be able to create a personal fitness log to monitor their daily exercise activities

Physical Education Standards

Standard 1: Personal Health & Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain physical health.

Standard 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management

Students will understand and be able to manage their personal and community resources.

1. STANDARD 1 – Personal Health And Fitness	Goal Setting for Physical Fitness
2. STANDARD 1 – Personal Health And Fitness	Student FITNESS LOG
3. STANDARD 1 – Personal Health And Fitness	Food Pyramid
4. STANDARD 2 – A Safe and Healthy Environment STANDARD 3 – Resources to Maintain a Healthy Lifestyle	Students will understand and be able to manage their personal and community resources.
5. STANDARD 1 – Personal Health And Fitness	Recording of BMI - Body Mass Index



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Learning Outcomes:

By the end of the course, students will be able to...

- Perform various body stretches to improve their body composition.
- Individually, students will learn and be able to perform fitness exercises to help them build their muscular endurance.
- Students will be able to create a personal fitness log to monitor their daily exercise activities
- Students will be able to understand the mechanics of the Fitnessgram Exercises and its positive impact on their daily lives.
- Students will be able to correct the Misconceptions of the daily execution of the Fitnessgram Exercises.

Language Outcomes:

- Students will be able to respond in English Language describing the significance of Fitnessgram in their daily routine during class discussion.

GRADING POLICY



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The following grading policy is in use for all classes and subjects.

Classwork • Assignments • Cornell Notes • Formative Assessments	15% 10% 5%	30%
Assessments • Quizzes/Exit Slips • Projects/Labs • Tests (Including Regents Examinations & Unit Exams) • Final	*Note: Our school-wide policy has flexibility built in on how the 65% of the overall grade can be determined through class assessments.	70%
	Total	100%

Classwork

- Students are expected to be on-time to exercise individually and collaborate with their classmates to demonstrate teamwork.
- Students are expected to participate respectfully and use appropriate academic language.
- Students are expected to take responsibility for their learning by communicating regularly about absences, illness, other issues, and to get academic help.

Grading Platform:

As a school, teachers at MHS, will offer learning activities using multiple platforms {GOOGLE CLASSROOM}.

Our colleagues have been innovative and creative in their construction of lessons for our students.

As a community, we have committed to using TeachHub as the schoolwide gradebook that will demonstrate to students and families their progress within each respective class.



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All final grades on assignments and final grades for marking periods/terms will be on this platform prior to the final STARS system.

Gymnasium Physical Education Curriculum Pacing Calendar

September 2/3: Set Up Gyms / Rooms

September 4: Program Distribution, Classroom Rules, Evacuation Procedures, Program Changes

September 8-12: Emergency Contact Information, Condom Availability Announcement, Floor Spots, Grading Policy, Warm-up Routines, Syllabus Distribution, Student Goal Setting (FITT Principles)

September 15: General Response Protocol Lesson

September 22-26: **Fitness Gram Introduction**

- ❖ BMI (Body Mass Index)
- ❖ Trunk Lift
- ❖ Pacer Test
- ❖ Push up
- ❖ Curl up
- ❖ Weight/Height

September 29 – October 31 : Basketball Unit 1



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- ❖ History of Basketball, Rules & Regulations
- ❖ Passing (Chest Pass, Bounce Pass, Overhead Pass)
- ❖ Dribbling (Right Hand, Left Hand)
- ❖ Basic Ball Handling
- ❖ Pivoting
- ❖ Shooting (Set Shot, Foul Shot, Jump Shot)
- ❖ Lay-ups
- ❖ Stance
- ❖ Blocking out
- ❖ Rebounding
- ❖ Skills Test
- ❖ Written Exam
- ❖ Tournament

November 3 – December 23 : Basketball Unit 2

- ❖ History of Basketball, Rules & Regulations
- ❖ Passing (Chest Pass, Bounce Pass, Overhead Pass)
- ❖ Dribbling (Right Hand, Left Hand)
- ❖ Basic Ball Handling
- ❖ Pivoting
- ❖ Shooting (Set Shot, Foul Shot, Jump Shot)
- ❖ Lay-ups
- ❖ Stance
- ❖ Blocking out
- ❖ Rebounding
- ❖ Skills Test



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- ❖ Written Exam
- ❖ Tournament

January 5 – February 27: Volleyball Unit

- ❖ Rules & Regulations
- ❖ Overhead - Underhand
- ❖ Passing
- ❖ Setting
- ❖ Offensive Strategy
- ❖ Defensive Strategy
- ❖ Skills Test
- ❖ Written Test
- ❖ Team Tournament

March 2- April 1: Fitness Gram Assessments

- ❖ BMI (Body Mass Index)
- ❖ Trunk Lift
- ❖ Pacer Test
- ❖ Push up
- ❖ Curl up
- ❖ Weight/Height



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Fitnessgram Post-Assessment (Data Assessment)

June 16 – June 17: Review Student Goals

- ❖ Allow students to make up missed skills tests, written exams, and FITNESSGRAM components

Fitness Room – Health and Physical Best Lessons

September 2-3 : Faculty Welcome Back Meeting & Set Up Rooms

September 4 : First Day of Classes

September 5-9 : Program Distribution, Classroom Rules, Evacuation Procedures, Program Change

September 11-12 : Emergency Contact Information, Condom Availability Announcement, Floor Spots, Grading Policy, Warm-up Routines, Syllabus Distribution, Student Goal Setting (FITT Principles)

September 15 : General Response Protocol Lesson

September 16- 30 : Fitness-gram Testing

- ❖ BMI (Body Mass Index)
- ❖ Trunk Lift
- ❖ Pacer Test
- ❖ Push up
- ❖ Curl up
- ❖ Weight/Height



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October 1 – October 15 : Health-Related Fitness

- Components of Health related Fitness
- Principles of FITT
- Fitness Is for Everyone
- Benefits of Fitness

November 1-30 : Physical Activity Behavior and Motivation

- Motivation
- Goal setting
- Building a Fitness Program Around Student Goals

December 1- 30 : Drugs and Alcohol

- Signs and Symptoms
- Classification and regulations
- Description and Effects
- Treatment and Prevention

January 1- 30 : Nutrition and Health-Related Fitness

- What Is Diet?
- Behavioral Foundations of Diet
- Six Fundamental Needs
- Biochemistry of Meeting the Six Fundamental Needs
- Consequences of Unhealthy Diet

February 1 – 30 : Aerobic Fitness Activities

- Warm-Up/Cool Down
- Walk, Jog, Sprint
- Aerobic Experiment
- Student Frequency Log
- Aerobic Pentathlon
- Moving Beyond
- Progressive Endurance

March 5 – 22 : Muscular Fitness and Endurance

- Warm-Up and Cool Down
- Moving Beyond
- Personal Best Challenges
- Circuit Training
- Health Benefits of Exercise
- Team Teaching
- Design for Progression



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April 1-30 : Flexibility

- Flexibility Circuit
- Yoga
- Partner Workouts
- Active/Passive Stretching
- Flexibility for You

May 5- 15 : Body Composition

- Step Your Way to Health
- Personal Fitness Challenge
- Estimating Energy Needs
- Cognitive Scavenger Hunt
- Spot the Fallacy
- Lifelong Fitness Plan

May 16 - June 10 : Drugs and Alcohol

- Signs and Symptoms
- Classification and regulations
- Description and Effects
- Treatment and Prevention

June 11-15 : Review Student Goals

Review Goals
Final Individual Assessment
Final Exam

June 15 - June 17 :

Allow students to make up missed skills tests, written exams and FITNESSGRAM.
The skills listed under each unit are the bare minimum which should be addressed.
Please differentiate instruction to continually challenge your students.
Teachers include a Safety Statement in lesson plan.

Resource Materials:

Complete Guide to Sport Education. 2nd Edition Siedentop, Hastie, Van Der Mars
PE Metrics: Assessing National Standards 1-6 In Secondary School .NASPE
Physical Best Activity Guide - Secondary Level. AAHPERD
HIV/AIDS Curriculum. - NYCDOE



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Reducing the Risk. Richard P. Barth ETR Associates

A Guidance Document for Achieving the New York State Standards in Health Education.

The State Education Department

Health Smart **Violence & Injury Prevention.** ETR Associates

Health Smart **Improving Health Behaviors.** ETR Associates

Health Smart **Emotional & Mental Health.** ETR Associates

Health Smart **Nutrition and Physical Activity.** ETR Associates

Health Smart **Tobacco, Alcohol & Other Drug Prevention.** ETR Associates

The Center for Disease Control website

NYCDOE website

New York State Education Department website

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