

# Physical Education , Health and Athletics

2019





# Fall Sports

Football

Girls Volleyball

Cross Country Track

Girls Soccer

Boys Soccer

Golf





# Football

- ▶ Football moved up to Conference 3 due to enrollment
- ▶ Football participation across the Country is down, some Nassau Schools have dropped programs.
- ▶ We have seen a 10-15% drop over the last 5 years, but still enough for a considerable program.



Football	Participation
Varsity	25
JV	24
MS	36







# Girls Volleyball

Based on Ability within enrollment

Girls compete in Conference A-1.

Playoffs - Quarterfinals





# BOYS SOCCER

- ▶ Boys Soccer is straight enrollment
- ▶ Team has been 10-0-2 last 2 years and advanced to 2<sup>nd</sup> round last 2 years





# Varsity Golf

19 Participants -  
6-4 record





## Cross Country Track

17 Participants

Ran events at Bethpage State Park







## Girls Soccer

Competed in ability Conference A5

Placed second

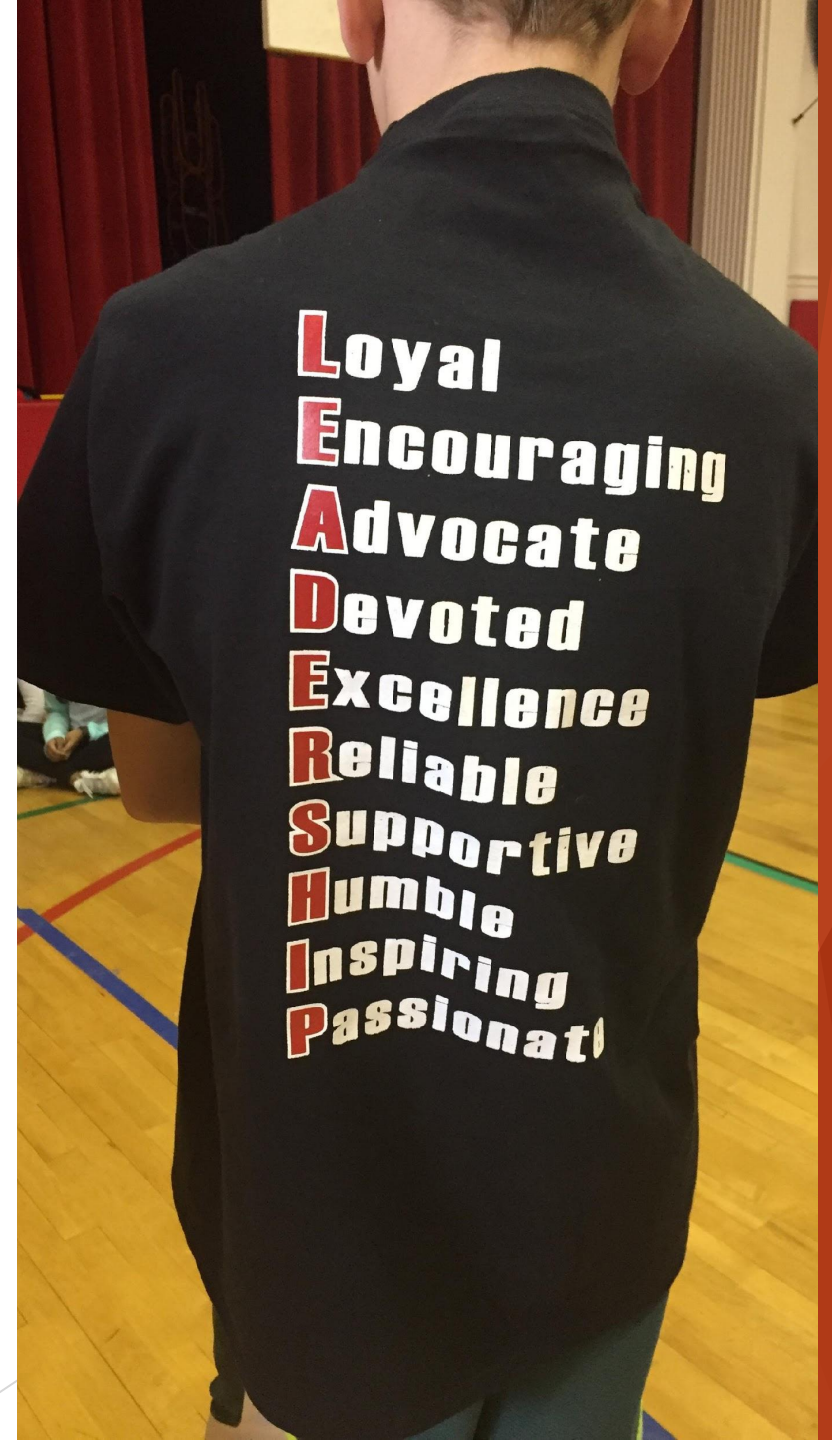
Program raised money for Breast Cancer Awareness at Think Pink Night



# Physical Education

Leadership Course-48 students  
Juniors and Seniors

Nassau County Principals'  
Leadership Council inspired  
the course





# Lesson Components in PE

- \***Motivation**-tell me or tell me why
- \* **Demo group** in PE-including skill breakdown and understanding the importance of a demonstration group
- \*How to form a medial and final summary in class
- \*Students lead warm ups and choose a skill to teach the rest of the class
- \***Reinforcement sandwiches**



# LESSONS IN LEADERSHIP

**Identifying Leadership Characteristics-**  
Values identification  
Shadow a school leader





# COMMUNICATION

Traits of a Good Speaker- Be yourself-believe in what you say

Know your audience and what their needs are

Understand both sides of an argument -empathy

Peanut Butter and Jelly Game- Giving specific directions





# Character, Competence & Compassion

Group work focused on character traits of integrity, honor and courage.

How do these traits apply to leadership?

How do these traits apply to everyday situations ?





# Bullying

- ▶ What is bullying and what steps can be taken to prevent it.
- ▶ Assessing different examples of bullying and teasing. Verbal, Physical, Emotional, Social Media & Exclusionary
- ▶ Identifying behaviour in students





# Leadership Experience and Service

- \*Mental Health Visitations to Jackson
- \*Field Day Assistants at Jackson Meadow Drive and Hampton Street
- \*Swim Program Assistants - Jackson Ave
- Fundraisers for Wounded Warriors



# Mental Health Leader Instruction

Mental Health Definition- a state of well being in which every individual realizes their own potential and can cope with the normal stresses of life, work productively and contribute to their community.



# ACES, Self Management and Coping

**Adverse Childhood Experiences-** Stressful or traumatic events that can lead to social, emotional and cognitive impairment which can lead to the adoption of high risk behaviours, disease and early death.

(Divorce, death, trauma)

## **Identify areas of Self Management-**

**Resiliency-**the capacity to recover

**Feelings-** identifying positive and negative feelings

**Communication-**Vocabulary to articulate how you feel

**Empathy-** understand the feeling of those around you



# Leaders Visits to Jackson Avenue

## Feelings Charades

Students divide into 4 groups , each student has to retrieve a card that has an emotion or feeling on it. That student has to act it out. The first student to guess the feeling becomes the next actor. Each card also has an exercise cue that corresponds to the answer. Students perform various exercises throughout the