

Health, Physical Education and Athletics



- Athletic Teams Grades 7-12
- 52 Teams 69 Coaches
- Over 800 events per year
- 249 Middle School Athletes
- 359 high School Athletes





COMPETENCE

Skill development
Knowledge of strategies
Conditioning

CIVILITY

Respect
Fairness
Caring

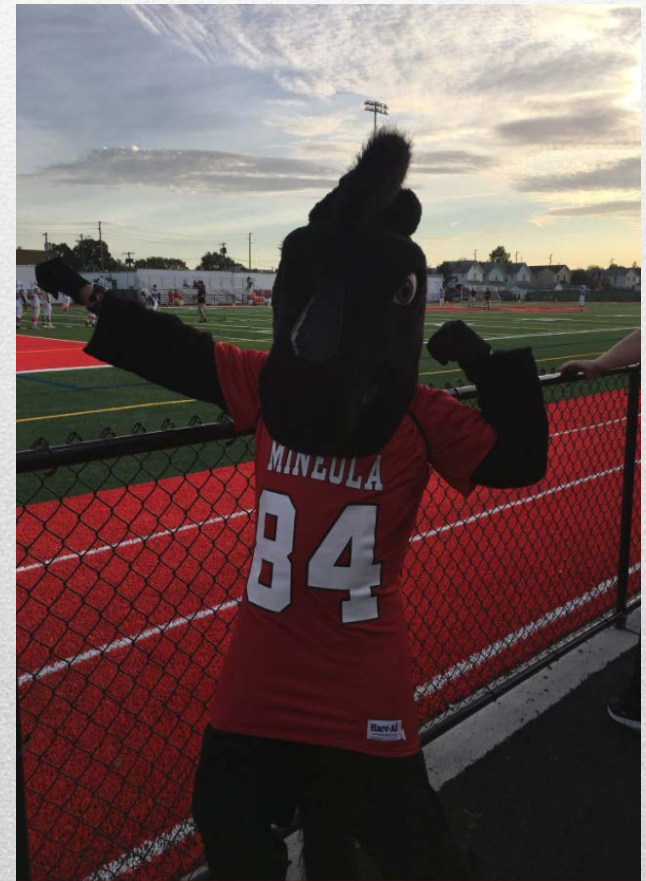
CHARACTER

Responsibility
Accountability
Self Control

Citizenship

Commitment
Teamwork
Role Modeling

THE 4 C's



- All coaches are CPR and First Aid Certified and have required coaching certification coursework from the State of New York.
- CPR, FA, AED, Head Trauma Certified
- Heads Up Tackling Certified- USA Football- includes equipment fitting
- Non teacher coaches are required to file for coaching license through NY State.
- All records for valid and current certifications are monitored and reviewed yearly.
- Most recently updated in 11/17
CPR/FA/AED
- 56 of 70 Coaching position are now filled with in district teacher/coaches



Highly Qualified Staff

- Many athletes play in college. Most recently;
- Boys Soccer players move on to college careers at DI, DII and DIII. Fairfield, New Paltz, Molloy , Adelphi, RPI, NYU, etc.
- Baseball Mt. St Vincent, Nassau Community, Molloy, Western Connecticut, Lesley College Boston campus (2)
- Girls Soccer- Western Connecticut-
- Boys Basketball- Kings Point
- Track- CW Post, Molloy, Stonybrook
- Girls Volleyball- Queens College, Mt. St. Vincent's.
- Softball- Adelphi, Maria Regina College,
- Lacrosse- St . Johns, Adelphi, Oneonta, Stonybrook, U-Mass ,Mercy College, Cortland
- Girls Lacrosse- Adelphi, Fairfield
- Bowling- St. Johns University



College Recruitment

- Students failing 2 or more classes are put on probation
- They meet weekly with Director to maintain eligibility for sports
- Students, the majority of the time, improve poor grades to stay eligible.



Academic Eligibility

- Wayne Mazzoni- Established Author on subject of recruitment
- Baseball Coach at Sacred Heart University



College Recruitment Night

- Proper Equipment in contact and collision sports. 5 star helmets . Regularly replaced equipment.
- Reconditioned helmets and safety wear
- Impact Program done for all Athletes grades 8-12



Student Safety

- We are among the first schools in Nassau County with program
- Impact is a baseline brain function test
- Measures reaction time, short term memory, word recognition, shape recognition.
- Administered as a measure after a head injury is sustained



Impact Program

• Health Education

7th Grade - Health

10th grade - Health

12th Grade – Family Living – Parenting

Based around NYS guidance Document for Health Education

7 personal and health skills.

Self Management- personal application of stress management, communication, Decision making, Goal Setting

Relationship Management –evaluate personal behavior to enhance family and personal relationships.

Stress Management – Managing positive and negative stress

Communication- Listening , understanding and expressing yourself

Decision Making – Process leading to making well thought out and well informed choices

Planning and Goal Setting- Develop short and long term goals through a process

Advocacy – An outgrowth of the culmination of skills. For the student , a cause or someone else.

Functional knowledge Units- Nutrition, Sexuality, alcohol and other drugs, decision making, tobacco/vaping, relationships

Health 7 and 10 Survey measured student experiences and set a course for curriculum writing.

Health Education

- K/1 Gross Motor Assessments
- Grade 2 Personal and Social Responsibility
- Grade 3 and 4 Beginner fitness assessments
- Grade 5 Muscle Identification and actions
- Grades 6 Fitness Understandings
- Grade 7 Game Rules and Understandings



Physical Education

SLO K-12

- Grade 8 and 9- Personal Fitness Understandings
- Grade 10,11,12- Self-Prescription for exercise



SLO's

Interdisciplinary Common Core PE Program

- Align PE Objectives with ELA and Math Common Core by grade
- Create a Math / Map to coincide with monthly unit map for PE
- Create lessons to focus on pertinent topics supporting common core
- Teacher challenge – maintain movement while teaching content

Elementary Physical Education

Middle School Physical Education



Sport Education Teaching Model
Student Responsibility and Accountability
Teacher Preparation creates a Student Centered Environment

- **Leadership Program- 2 year program**
Year 1- teacher education and leadership classes based in ;
Leadership Characteristics-Character /Competence/Compassion
Communication
Bullying
Decision Making
Competition
Motivation

Year 2 practical leadership experience in grade 8/9 PE
Service project, assist in field days etc.

Dance Program-

- PE 8/9 Personal Fitness- Muscular Endurance, Body Comp. Body types, calorie Expenditure, Aerobic Fitness, lifetime benefits of exercise.
- Heart Rate monitor program at HS and soon at MS.

Secondary Physical Education



Thank you
