

SACHEM

PHYSICAL EDUCATION
PROGRAM

PHYSICAL EDUCATION

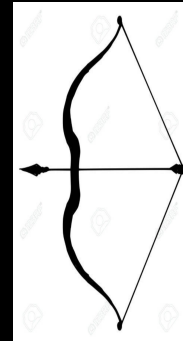
DEPARTMENT CHAIRS
MR. TOM MULLEE (NORTH)
MR. JAKE POFFENBARGER (EAST)

The program is dedicated to promoting fitness and physical activity. The focus of the curriculum is on helping all students become informed, independent decision-makers, capable of planning for enjoyable lifetime fitness and physical activity, while also aiding students in achieving personal fitness and sport activity goals.

9TH GRADE PE

- **Course Activities**

- Fitness Testing (Pre-Test)
- Project Adventure
- Team Handball
- Weight/ Cardio Training
- Archery
- Wrestling Room Games
- Track & Field
- Softball
- Fitness Testing (Post-Test)



10TH & 11TH GRADE PE

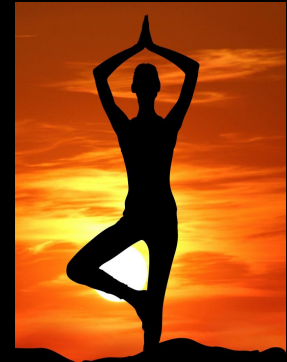
- **Course Activities**

- Fitness Testing (Pre-Test)
- Football
- Soccer
- Tennis
- Volleyball
- Basketball
- Weight/ Cardio Training
- Badminton
- Ping Pong
- Pickleball
- Golf
- Fitness Testing (Post-Test)



- **11th Grade Electives**

- Lifeguarding
- SEL-Yoga
- Crossfit
- Water Sports



12TH GRADE PE ELECTIVES



- **Electives**
 - Project Adventure
 - Team Sports
 - Lifeguarding
 - SEL- Yoga
 - Crossfit



SPORTSFOLIO



- **Grades**
 - 9-12
- **Description**
 - A course for students who are medically excused from regular participation in physical education because of a physician's verified medical note.
- **Assignments**
 - Students will join a separate Google classroom to have access to Sportsfolio assignments. The assignments consist of readings based on fitness, sport and health topics, and a short quiz directly related to the daily reading. Students will receive a grade based on each assignment.



NYS PHYSICAL EDUCATION STANDARDS

- Standard 1
 - Demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2
 - Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Standard 3
 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4
 - Exhibits responsible personal and social behavior that respects self and others.
- Standard 5
 - Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.
- Standard 6
 - Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

NATIONAL PHYSICAL EDUCATION STANDARDS

- Standard 1
 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2
 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3
 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4
 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5
 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.