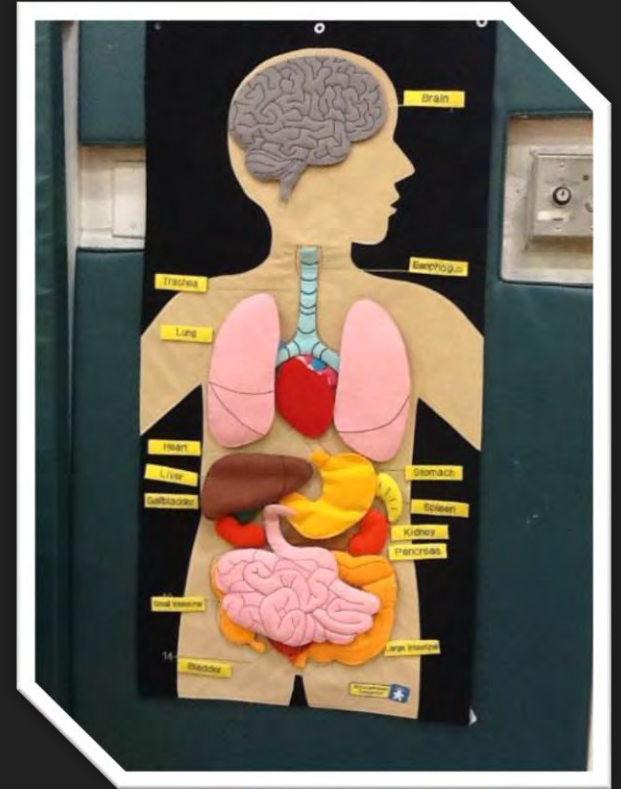


Oyster Bay K-12 Health & Physical Education



Presentation to the Board of Education

May 3, 2016

New York State Learning Standards for Health & Physical Education

Standard 1 - Personal Health and Fitness

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

Roosevelt Elementary School

Physical Education



Roosevelt Elementary School Physical Education Curriculum Outline

The following activities are taught during the Physical Education curriculum at Roosevelt Elementary School...



Manipulative Skills
Soccer
Rhythm and Dance
Basketball (New Unit Fall 2015)
Cooperative Games
Fitness
Backyard Games
Throwing and Catching
Lacrosse (New Unit Spring 2015)
Track (Pedometers)

Roosevelt Elementary School Special Events

Sports Night

Sports Night is a night of activities for second graders and their parents and is led by the Physical Education Staff.

DATE: Monday, June 6th, 2016

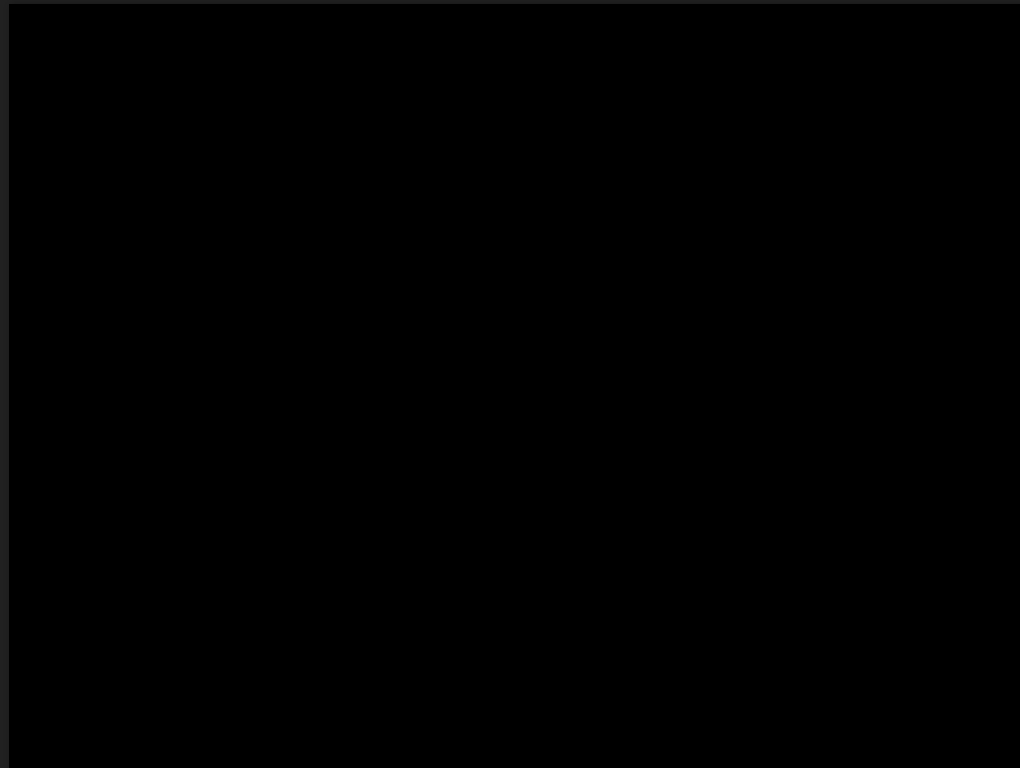
TIME: 6:00pm-8:00pm

Field Day

This is a school wide event with 15 different cooperative activities that the students participate in which are planned by the Physical Education staff.

DATE: Wednesday, June 15th,
2016

Vernon Physical Education

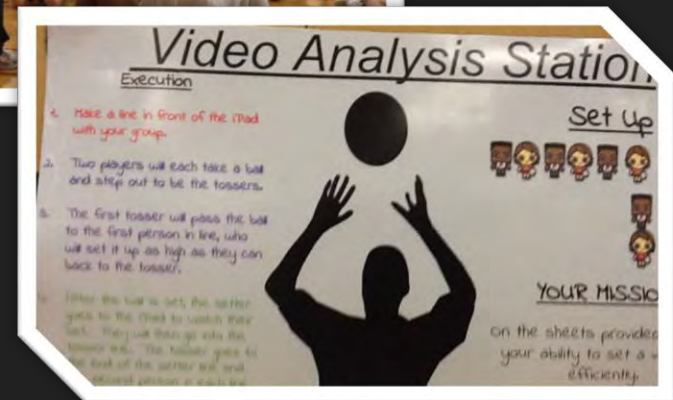


Grade 7-12 Physical Education



What does a student experience at OBHS?

- Aerobics
- Football
- Softball
- USMC Fitness Assessment
- Project Adventure
- Yoga
- Badminton
- Soccer
- Volleyball
- Tennis
- Speedball
- Ultimate Frisbee
- Team Handball
- Weight Training
- Basketball
- Wellness Education



Physical Education Electives

- **FITNESS 1: SPORT & FITNESS TRAINING**
- **FITNESS 2: EXERCISE SCIENCE (COLLEGE LEVEL)**
- **PHYSICAL EDUCATION PARTNERS**
- **INTRODUCTION TO SPORTS MEDICINE**
- **HISTORY & PHILOSOPHY OF SPORT**
- **THE HISTORY OF DISABILITY IN THE UNITED STATES**



Adapted Physical Education (APE)

The art and science of developing, implementing, and monitoring a carefully designed **physical education** instructional program for a learner with a disability, based on a comprehensive assessment, to give the learner the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness.



We asked OB students:

1. Why is Physical Education important?
2. What do you like most about Physical Education?



Middle Level Health:

7th and 8th grade courses that total 1 semester

Life Skill	Health Sub Topic
Communication	Bullying, Internet Safety, Refusal Skills
Decision Making	Values, Alcohol, Tobacco and Other Drugs
Stress Management	Mental Health, Mental Health Disorders, Stress Reducers
Planning and Goal Setting	Nutrition
Advocacy	Service Learning
Relationship and Self Management	Sexual Health and Maturation



Authentic Assessments:



- Role Plays
- WebQuests
- Public Service Announcements
- Health Journals
- Service Learning
- Sugar Log
- McDonald's Healthiest Meal

8th Grade Health: Service Learning

What is it?

- **Connects** school-based curriculum with the natural caring and **concern** young people have for their **world-whether** on their school campus, at a local food bank or in a distant rainforest.

Objectives:

- Students apply **academic, social** and **personal skills** to improve our community.
- Students make **decisions** that have real results.
- Students grow as individuals, gain **respect** for peers and increase civic participation.
- Students develop as a **leader** to take initiative.

Hope for cancer Patients
Wounded Warrior

Animal
Cruelty

High School Health

Mr. Charlie Rizzuto: “90 Days for the rest of your life”

TOPICS:

DIMENSIONS OF HEALTH:

EXPANDING THE HEALTH TRIANGLE

MENTAL HEALTH:

ELIMINATING STIGMAS AND STEREOTYPES

NUTRITION:

SUGAR AND THE FOOD RULES

HEALTH CARE:

AFFORDABLE CARE ACT

CPR:

RESPONDING TO AND AIDING AN UNCONSCIOUS VICTIM

SEXUAL EDUCATION:

CONSENT AND READINESS



The Health Education Experience: *Authenticity*



- High School Health Website
- Public Service Announcements
- Health and Wellness Fair
- Nutrition Project
- Online Debates

Exercise Science & Sports and Fitness Training



Looking ahead at K-12 Health & Physical Education...

Goals to grow!

- Increase health lessons within K-6 Physical Education classes
- Research and incorporate monitoring technology that's accessible and appropriate for our students
- Utilize local trainers, athletes, and guest speakers as a means to promote positive character and active lifestyles
- Continue to enhance our high school fitness room and make it more welcoming
- Remain current with activity trends to help reach curriculum goals

