



Harrison Central School District



Physical Education, Health and Athletics

January 25th, 2023



Presentors



Christopher Galano- Director of Physical Education, Health and Athletics

Danny Gonzalez- Assistant Director of Physical Education, Health and Athletics

- **Luke Beyer:**Elementary PE Teacher, *Preston & Purchase Elementary*
- **Jay Ciraco:** Physical Education Teacher, *Louis M. Klein Middle School*
- **Derrick Fish:** Physical Education/Health Teacher, *Louis M. Klein Middle School, Harrison High School*



It Takes a Village...



Creating a
Transformational
CULTURE
around student
experiences

— School Board

— Superintendent

— Principal

— Athletic Director

— Teacher/Coach

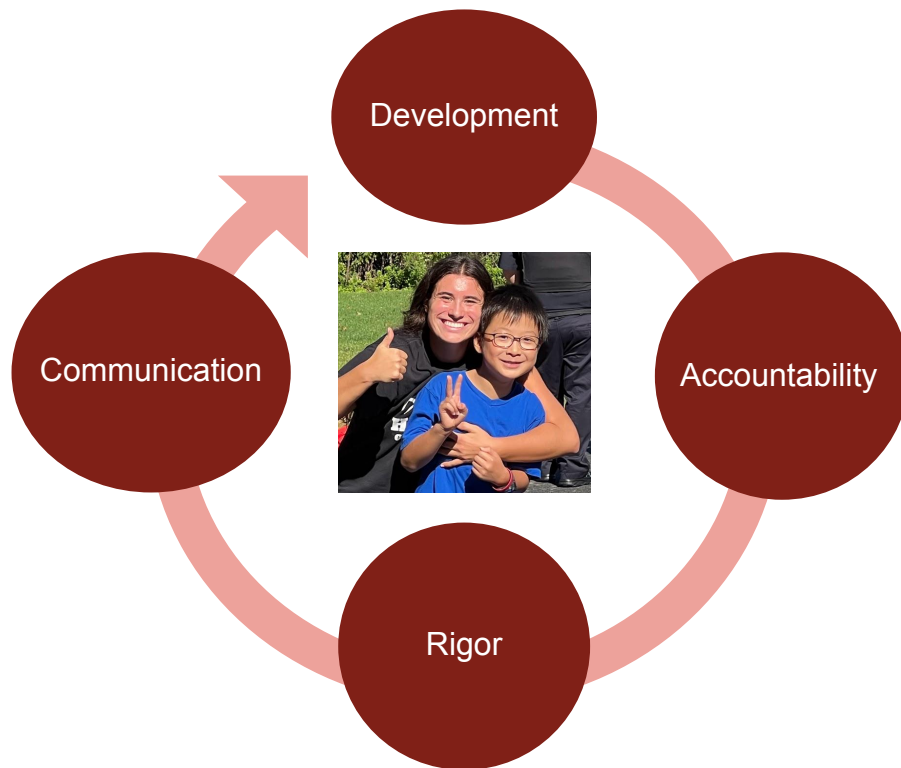
— Student-Athlete

— Parent

— Community



Cultivate academic, athletic and personal achievement by developing attitudes and values that motivate students to pursue their excellence through student agency.





Living our Core Values



	Accountability	Development	Rigor	Communication
Athletics	<ul style="list-style-type: none">• Certified Coaches• Pre-Season Coaches Meeting• In-season feedback• End of season rubric/reflection• Hanover Survey	<ul style="list-style-type: none">• Husky Day• Mental Health and Wellness Teams	<ul style="list-style-type: none">• Pre-Season Coaches Meeting• End of Season Coaches Reflection• End of Season Coaching Evaluation	<ul style="list-style-type: none">• Pre-Season Parent Meeting• Seasonal Athletic Newsletters• NCAA Info Night• Incoming 7th and 9th Grade Meeting• Hanover Survey
HPE	<ul style="list-style-type: none">• Task Specific Rubrics• Assessments	<ul style="list-style-type: none">• MYP/PYP• Teacher PD• Curriculum writing• Wellness Day	<ul style="list-style-type: none">• PYP/MYP• Monthly PDs• Curriculum writing	<ul style="list-style-type: none">• 8th grade parent meeting• Open House• Social Media



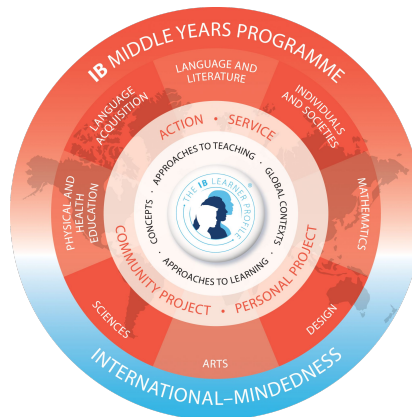
Building for the FUTURE!



PYP



MYP



IB DP





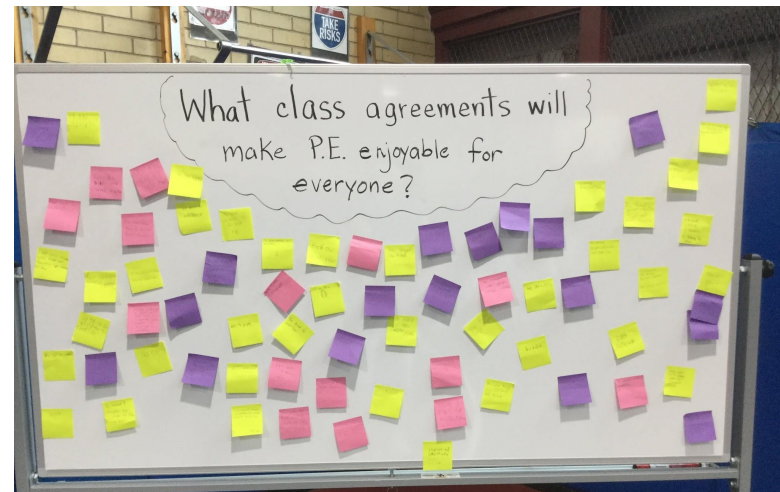
Design and Implementation



This is a collaborative framework for behavior expectations in our class. Students and teachers designed this together and agreed to follow it. This demonstrates ultimate student ownership. We have amended it as needed and refer back to it when classes require reminders of the agreement.

Our learning community has agreed to...

- 1- Listen to others
- 2- Act safely
- 3- Be kind
- 4- Do your best



****Student ownership improves responsibility and commitment.****

Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



Design and Implementation

Bringing the learner profile to life in Physical Education



Using the language in our daily lessons

We started saying things like:

- Steve was a CARING learner when he helped Rita up after she fell.
- Marina was REFLECTIVE when she shared the skill she wanted to improve on.
- Estel liked her own strategy but was OPEN-MINDED to Erica's idea after trying it.
- Tim was a RISK-TAKER today when he demonstrated that dance today.

Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



Student Agency

Working on communication and cooperation skills increases student agency and engagement.



Students were able to modify an existing game and change it for the better.



CHOICE!

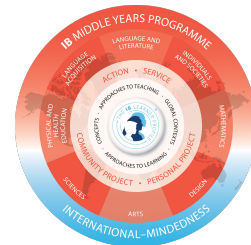
VOICE!

ACTION!

Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



Reflection Of Physical Education

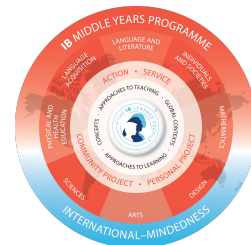


- Increase in participation, student effort, enthusiasm.
- Opportunity for some students to be members of a team for the first time.
- Developed assessments MYP Criterion A, B, and D.
- Modification of other Team Sport units to Sport Education Model.
- Students mentioned the challenges of what a head coach role entails.
- Students understand the culture/language of the sport.
- Students felt they were a part of a real league.
- Students expressed they felt connected to the team.

Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



MYP through Physical Education



Statement of Inquiry: Through Sport Education, students will practice the more efficient strategies for building highly collaborative teams.

ATL Categories:

Social: Exercise leadership, manage and resolve conflict

Self-Management: Set goals that are challenging and realistic; plan strategies

Communication: Give and receive meaningful feedback, negotiate ideas and knowledge with peers

Team Sports:

Volleyball, Basketball, Floor Hockey



Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



MYP Assessment Rubrics

Knowing & Understanding

1-2	<ul style="list-style-type: none"> i. recalls some rules, procedures, and overall gameplay ii. identifies proper sport terminology and can outline violations iii. recalls appropriate terminology when enforcing the rules to manage gameplay
3-4	<ul style="list-style-type: none"> i. recalls rules, procedures, and overall gameplay ii. identifies proper sport terminology and game violations while enforcing the rules of play iii. applies appropriate terminology when enforcing the rules to manage gameplay with limited success.
5-6	<ul style="list-style-type: none"> i. states rules, procedures, and overall gameplay ii. identifies proper sport terminology and can describe and manage game violations while enforcing the rules of play iii. applies appropriate terminology when enforcing the rules to manage gameplay
7-8	<ul style="list-style-type: none"> i. outlines rules, procedures, and overall gameplay ii. identifies proper sport terminology and can solve and manage game violations while enforcing the rules of play iii. applies appropriate terminology when enforcing the rules consistently to manage gameplay.

Planning for Performance

1-2	<ul style="list-style-type: none"> i. states a practice plan that incorporates a warm-up and activities to engage the team. ii. states how the practice sessions relate to game play.
3-4	<ul style="list-style-type: none"> i. defines a practice plan that incorporates a warm-up and activities to engage the team. ii. outlines how a basic practice session relates to game play.
5-6	<ul style="list-style-type: none"> i. lists a practice plan that incorporates a warm-up and activities to engage the team. ii. outlines how the practice sessions relate to game play.
7-8	<ul style="list-style-type: none"> i. identifies a practice plan that incorporates a dynamic team warm up and individual and team skills. ii. constructs how the practice plan developed contributes to individual and team success and modifies practices to meet the needs of the team.

Reflection

1-2	<ul style="list-style-type: none"> i. identifies a single strategy that promotes conflict management ii. identifies goals to enhance performance iii. outlines performance of themselves and their team
3-4	<ul style="list-style-type: none"> i. identifies strategies that promote conflict management ii. states goals and tactics to improve level of competition iii. describes the performance of themselves and their team
5-6	<ul style="list-style-type: none"> i. identifies and demonstrates strategies that promote conflict management ii. describes goals and tactics to improve the level of competition iii. outlines and summarizes performance of themselves and their team
7-8	<ul style="list-style-type: none"> i. identifies and demonstrates strategies that promote conflict management ii. describes a plan to improve level of competition iii. describes and summarizes the performance of themselves and their team

Open-minded, Thinkers, Knowledgeable, Communicators, Risk-takers, Reflective, Inquirers, Principled, Balanced, Caring



FIT-PAC and Core Values



All Means All

Every student, at any point during the year, has the opportunity to participate in our year round strength and conditioning program.

The Same but Different

Every student participates in the same program, but exercises and training loads are selected based on experience, development and movement quality to meet individual needs.

ACCESS

RIGOR



EQUITY

ADAPTABILITY

Sacrifice to Succeed

Work to win

- Time commitment
- High expectations
- Challenging & Uncomfortable

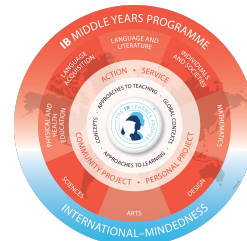
Dominate the Details

Variation Without Change

All training sessions are structured in a group setting. Modifications are implemented based on ability and training age to appropriately challenge students, ensure proper technique and maintain safety.



FIT-PAC IB Learner Profile



OPEN-MINDED

Students are aware of and embrace varying physical abilities. They use this as an opportunity to communicate and learn.

CARING

Students create a positive and welcoming environment that encourages and supports participants of all ability levels.

RISK-TAKER

Students work independently and cooperatively as they explore a different environment and learn new skills.

BALANCED

Students understand that improving their physical well-being positively impacts their emotional well-being.



Strength and Conditioning Program Core Values and Learner Profile in Action



Plyometric Progression

A) Forward Hurdles

1-3 (Forward) / 4-7 (+ Lateral) / 8-10 (+ Skater) / 11-14 (SL + Skater)

B) Lateral Hurdles

1-3 (Side) / 4-7 (Side-Side) / 8-10 (Side + Forward) / 11-14 (SL)

C) Multi-Directional Hurdles

1-3 (Diagonal) / 4-7 (Reactive) / 8-10 (SL) / 11-14 (Reactive)

Day 1 - Strength Training

A1) Back Squat (RIR = 0-2 - Training Age Dependent)

1-5 (2-1-0-1) / 6-10 (2-0-0-1) / 11-14 (Controlled decent)

A2) Squat Jump Variations (30% - 20% - 10%)

1-5 (Paused) / 6-10 (Drop-No Pause) / 11-14 (Continuous)

B1) RDL Variations

1-5 (Sumo) / 6-10 (Regular) / 11-14 (Trap Bar Split Stance)

B2) Copenhagen Variations

1-5 (Side Plank+Band) / 6-10 (Regular) / 11-14 (Straight leg)

C1) Strict Press Variations

1-5 (Knees) / 6-10 (Half Kneeling) / 11-14 (Standing)

C2) Row Variations

1-5 (Bird Dog) / 6-10 (Chest Supported) / 11-14 (Gorilla)



FIT-PAC Student Experience



Coach Fish's workouts are important for all athletes who are unfamiliar with strength, agility and speed training. I have learned so much from the performance and conditioning program that will benefit me far beyond athletics such as commitment and accountability.

Lila Berkery

The FIT-PAC workouts provide every student in our school with a top-notch workout in a great environment with a coach who truly cares about you and your success. We're constantly reminded, "Sacrifice to Succeed," which helps us realize that to be the best you have to outwork everyone. Wanting to win isn't enough, you need to work to win.

Drew Haines

Initially, I liked the idea of having an hour everyday to work out and clear my mind. Two years later, my athletic performance and personal health have both improved. I've become stronger, more explosive, and beyond athletics, I've learned the importance of sacrifice.

Kayla Porto





Athletic Highlights



75 Athletic Teams
36 Male Teams
39 Female Teams
29 Different Sports Offered
Participation Grades 7-12



Season	# of Student Athletes
Fall	600
Winter	407
Spring	521





Athletic Highlights



- HHS named *School of Excellence* by the *New York State Public High School Athletic Association*
- 35 Teams named *Scholar-Athlete Teams*
- **Representation at** the New York State Public High School Athletic Association State Championships
- 8 teams earned **League Championships**
- 4 coaches earned **League Coach of the Year** Honors
- 2 Coaches earned career milestone wins (300 and 100)
- 5 Athletes competed at the State Championship level



College Admissions & NCAA Athletics 2022

- A.J. Troilo- Springfield College- Football
- Nick Garcia- The Catholic University of America- Football
- Victoria Fernandez- The Catholic University of America- Basketball
- Caela Vasilkioti- Manhattanville College- Soccer
- Alexandra Stilo- Elmira College- Soccer
- Johnny Antolino- Manhattanville College- Soccer
- Alex Marino- Emory College- Tennis
- Sydney Macchia- Marist College- Rowing



Physical Education, Health and Athletics Creates Caring Connections



- Husky Day
- Wellness Day
- Incoming 7th Grade Parent Meeting
- Seasonal Athletic Parent Meetings
- Incoming 9th Grade Parent Meeting
- NCAA Information Night
- Summer Intramural Program
- Mental Health and Wellness Teams





Questions?

