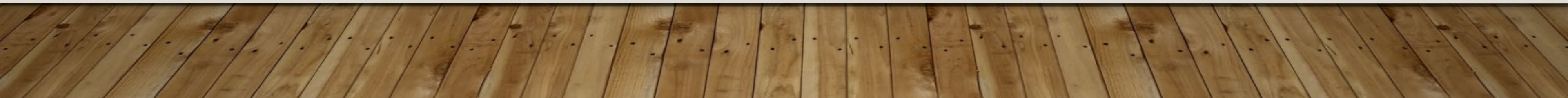


# Excellence in Physical Education

## *A Healthy and Active Community*





# K-12 Physical Education

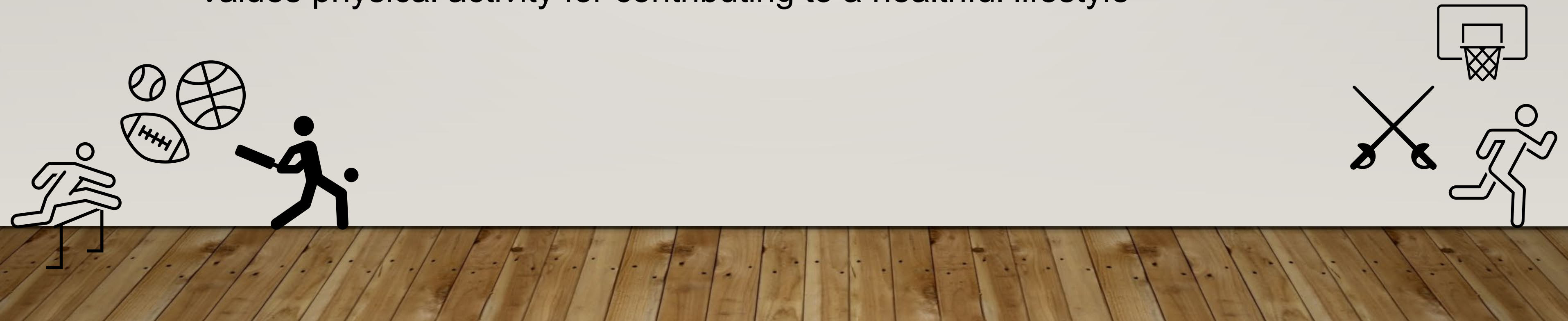




# What is Physical Literacy?

*To have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity*

- Develop the skills necessary to participate in many physical activities
- Understands the benefits of involvement in various physical activities
- Participates regularly in physical activity to enjoy health benefits
- Values physical activity for contributing to a healthful lifestyle



# Grades K-2 Learning Outcomes

Development of locomotor, non-locomotor, and manipulative skills.

- **Locomotor:** Running, jumping, hopping, skipping, and galloping
- **Non-locomotor:** Balance, weight transfer
- **Manipulative Skills:** throwing, catching, dribbling, kicking.
- **Spatial and Body Awareness**



# Grades 3-5 Learning Outcomes

Demonstrating competency in motor skills and movement patterns

- **Movement Concepts:** Advancing locomotor, non-locomotor, and manipulative skills across varying activities
- **Strategies and Tactics:** Students begin to incorporate communication in games and activities.
- Mature combination of movement patterns in sports skills and games, dance and rhythmic activities, fitness activities, and lifetime activities



# Middle School Learning Outcomes

Students provided with opportunities to explore individual, partner, and team sports, while emphasizing personal and social responsibility that respects self and others.

## Games and sports:

- Invasion and field games (*throwing, catching, offensive and defensive skills, dribbling, ball control, shooting*)
- Net and wall games (*serving, striking, forehand, backhand, weight transfer, and volleying*)
- Fielding, striking, and target games (*throwing, striking, and catching*)
- Invasion sports (*spatial awareness, transitions, offensive and defensive strategy*)

## Self-selected physical activity:

- Dance and rhythmic activities
- Yoga and Pilates

## Personal and social responsibility:

- Rules and etiquette
- Safety
- Working with others
- Respect and citizenship



# Wellness & Advisory at Syosset High School

Our staff provide ~20 lessons during 9<sup>th</sup> and 10<sup>th</sup> grade focusing on wellness, teaching strategies to help students navigate their high school years and beyond.

Topics include:

*Stress*

*Substance Abuse*

*Fitness & Nutrition*

*Sexuality & Relationships*

*Cyberbullying*

*Vaping*

*CPR/AED Training*

*Mindfulness*

*HIV/AIDS*

## Freshman 101 Seminar

Every incoming freshman will participate in exercises to help with the transition into the high school:

- *Getting to Know You* activities
- Digital Citizenship - Librarian
- PAL seminar presentation - "Expectations versus Reality"
- PRIDE Lesson



# Syosset Swim Program

## Aquatics/Advanced Aquatics

- Available to grades 9-12 for beginners to advanced swimmers
- Students to learn various aquatics skills at their own pace
- Opportunity to learn the prerequisite skills needed for lifeguard and WSI classes.

## Lifeguard Training

- Develop responsibility and self-advocacy skills
- Learn how to work with a team of people to save lives
- Develop leadership qualities
- Opportunities for employment during and after high school

## Water Safety Instruction

*Elective offered at no other LI School*

- Learn how to teach swimming at all age and skill levels - infant to adult
- Creates opportunities to work within the Syosset Community,
- Pairs with a lifeguard certification
- Valuable employment opportunities during high school, college and beyond

## Swim Program Success

- Learn to swim has waiting lists of up to 200 children
- Sting Rays youth swim team (*over 300 children tried out for 127 roster spots*)
- Both boys and girls middle school teams offered (*full rosters that require cuts to be made*)
- Full girls and boys swimming and diving varsity teams.
- Adult Education: both sections of Adult Learn to Swim have a waiting list





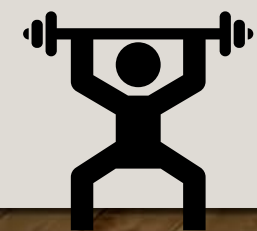
# Strength and Conditioning at SHS

## Benefits of our state-of-the-art Fitness Center extend beyond specific sports training

- Range of students enjoy using new facilities!
- Strength & Conditioning sessions available to all students!
- For athletes: certified S&C coach plans training programs including pre-game workouts to improve performance and reduce injuries

### **Fitness center's impact on P.E. curriculum:**

- **2008:** two sections of S&C held in the portable trailer facility
- **2020:** four sections of S&C in the new fitness center.
- **2022:** 18 sections of S&C - one section every period of the school day!





# How do we continue to improve our programs to support our District Mission?

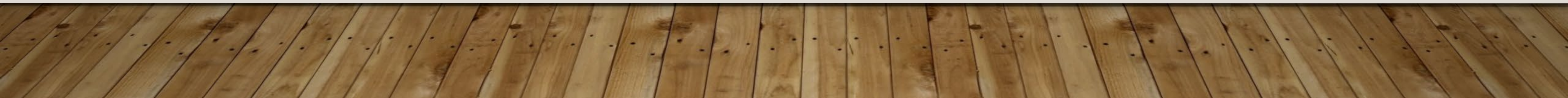
Syosset High School offers more interscholastic athletic opportunities than any other high school in Nassau County. Even with all of these options *we still turn kids away.*

## Our challenges:

- Space limitations resulting in wait lists
- Inability to run intramural recreational programs
- Turning kids away

## Our current solutions:

- Transporting teams to off-site locations
- Renting facilities (*St. Marks, Island Extreme, St. Anthony's, Bethpage Tennis Center, and the Sports Hub*)
- Utilizing student lobby
- Splitting practice sessions in classrooms





**Thank you for your continued support!**

