

Physical Education and Athletics



Syosset Central School District

January 13, 2020

Goals for 2020

Board of Education Goals:

Academics

- Align K-12 curriculum
- Provide equitable experiences for all
- Support professional Development

Culture and Climate

- Create equitable experiences
- Enhance P.R.I.D.E.
- Engage parents as partners

Community

- Communicate District Value to the community
- Recognize diversity
- Create strong partnership with community organizations

Operations

- Improve the conditions of the facilities
- Invest in the safety of students and staff
- Remain fiscally prudent while maintaining level of offerings

Department Goals:

Academics

- Align K-12 curriculum with updated NYS standards
- Increase access to electives
- Provide opportunities for conferences and PD

Culture and Climate

- Emphasis on P.R.I.D.E in all lessons and athletic events
- Focus on social emotional wellness K-12
- Address parent concerns and increase communication

Community

- Established Athletic Advisory Committee
- Increase communication with community through technology
- Increase participation in recreation swim program

Operations

- Multiple upgrades throughout athletic facility
- Provide appropriate supervision at all events
- Review athletic team offerings to maximize participation

Athletics: Program Upgrades

- Revised coaches evaluation form to better reflect overall performance
- Athletic handbook revised three times to clarify expectations and procedures
- Utilized Hudl camera system to allow students the opportunity to view, share and save their personal performances
- Off- season weight training program continues to grow in numbers and will be enhanced with new weight room

Athletics: Facilities Upgrades

- **2 new tennis courts which allow for an earlier completion time and maximum participation in PE**
- **Weight Room which will accommodate all students as well as teams and intramural programs**
- **8 lane track will allow all middle and high school track athletes to practice at the same time and host meets**
- **New turf field will allow for multiple practices/contests on a daily basis without wear and tear**
- **Pool upgrades include non-slip tile as well as leveling which eliminated ponding on the pool deck**
- **Pool tile provides a slip resistant floor for athletes, spectators and coaches**

Physical Education Curriculum: Elementary

- **Incorporated technology into lessons with interactive software which charted student performance**
- **Delivered cross-cutting lessons which focused on geography, mathematics and ELA**
- **Consistent emphasis on Social emotional character building activities within each lesson**
- **Mindfulness and fitness fifteen lessons infused into daily instruction**

Physical Education Curriculum

Secondary

Grade 9-10 offerings

- General PE
- Aquatics
- Dance
- Wellness Lessons- vaping, stress reduction, digital citizenship, nutrition, basic CPR/ compression only, etc
- Adapted PE

New for Grades 9-10

Advanced Aquatics
Lifeguard Training

Grade 11-12 offerings

- Aerobics
- Aquatics
- Dance
- Lifetime Sports
- Strength and Conditioning
- Lifetime Sports
- Total PE
- Team Sports
- Adapted PE

New for grades 11-12

Water Safety Instructor Training

American Red Cross CPR/AED and First Aid



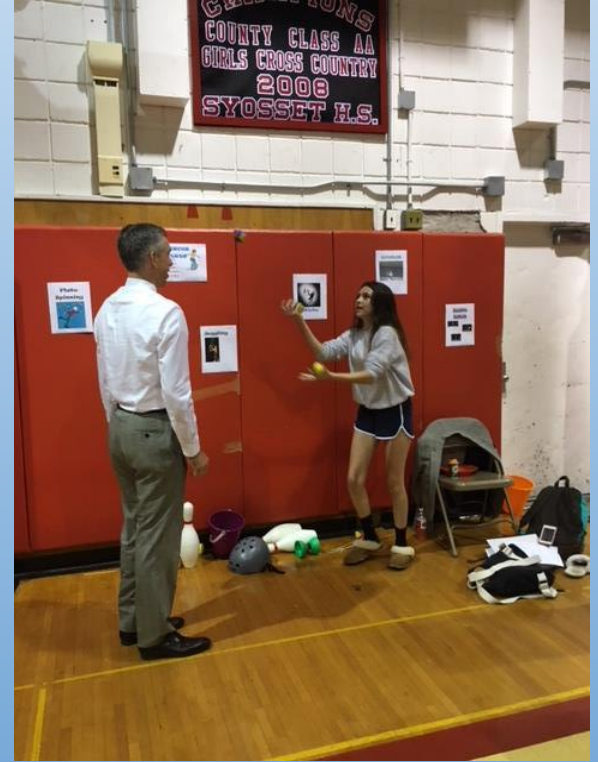
- All Students in grades 9-12 will receive compression only CPR and AED training
- All 11th and 12th grade students will receive CPR/AED and First Aid Training
- Students may choose to receive certification
- Emergency response training by Syosset FD



Lifeguarding classes, Swim Teams and General PE



Lifetime Sports and Health Fair



Lifeguard Training



Closing remarks:

When health is absent, wisdom cannot reveal itself, art cannot manifest itself, strength cannot fight, wealth becomes useless and intelligence cannot be applied.

-Herophilus

