Elementary Physical Education




Presenters:

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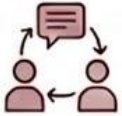
Board of Education Goals

Individualized Learning

Create individualized learning experiences



Collaboration Skills

Utilize and design experiences that cultivate collaboration skills

Work-Stress Balance

Support an appropriate balance between work and stress

Wellness & Perspective

Foster wellness, balance, and a deep appreciation for multiple perspectives

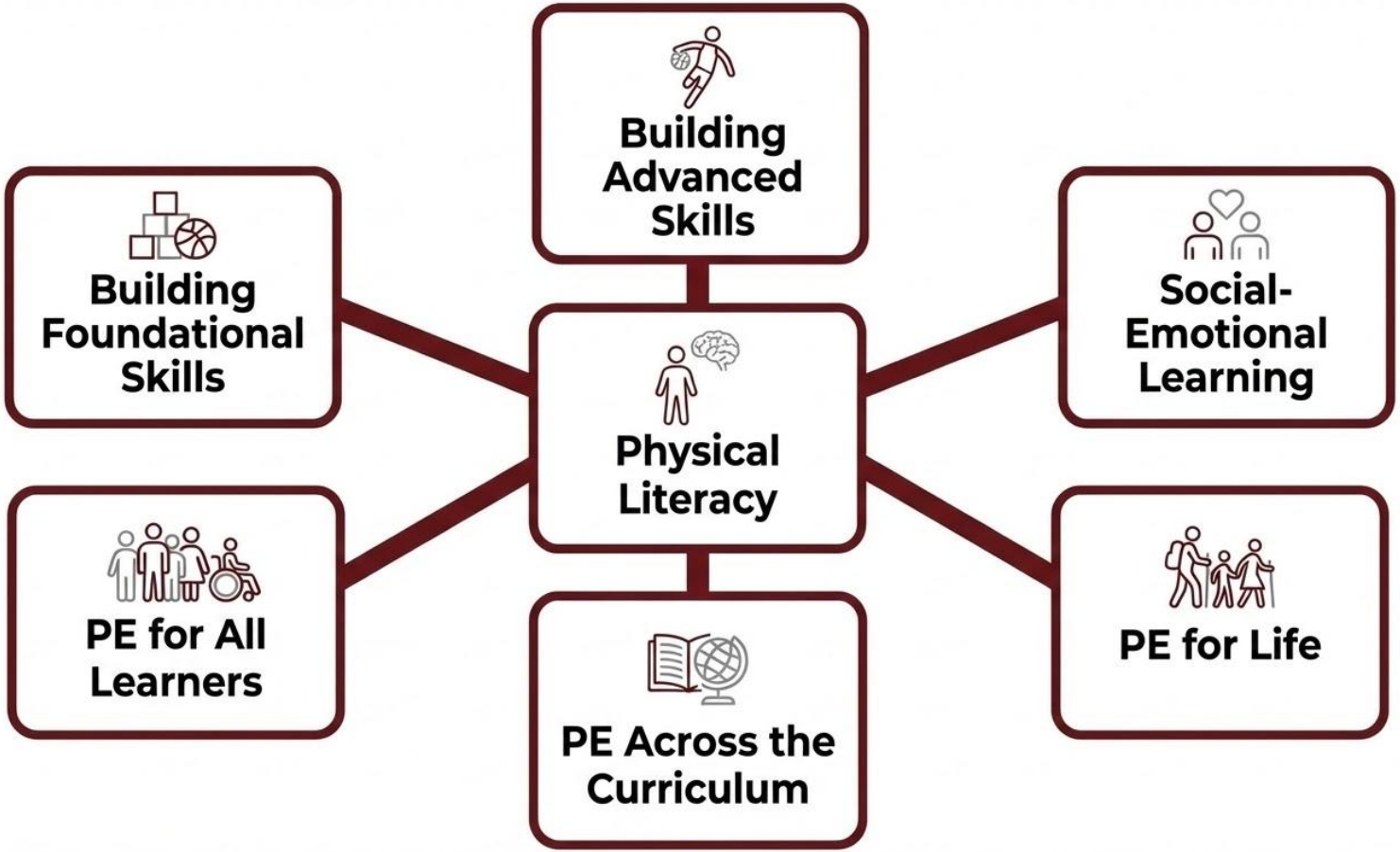
P.R.I.D.E. Culture

Cultivate a kind, safe, and supportive culture that exemplifies P.R.I.D.E.—Patience, Respect, Integrity, Dignity, and Empathy

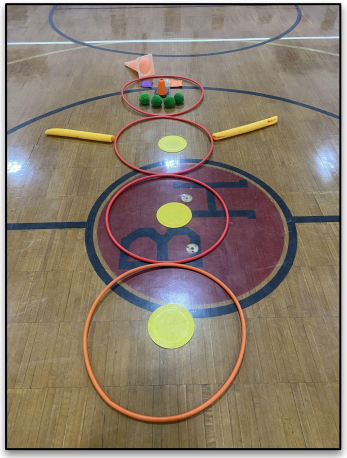
Collaborative Connections

Foster a strong, collaborative culture and make meaningful connections

Our Physical Education Program



New York State Physical Education Standards



LINK: [The New York State Physical Education Learning Standards at a Glance (2020)]

Components of Fitness

HEALTH RELATED


Cardiovascular Endurance


Muscular Strength


Muscular Endurance


Flexibility


Body Composition

SKILL RELATED


Agility


Balance

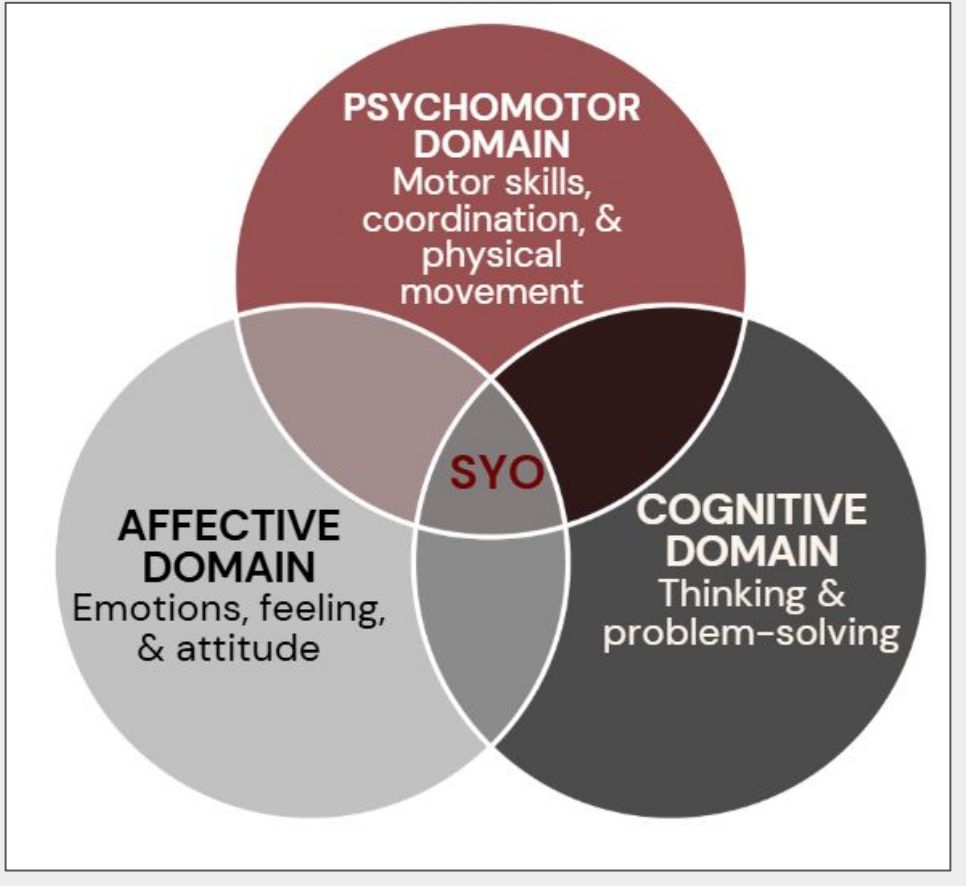

Coordination


Power


Reaction Time


Speed

Physical Education Domains



Physical Literacy

Having the *skills, confidence, and knowledge* to move your body in many ways so you can enjoy being active now and for the rest of your life

Why Physical Literacy Matters

- Encourages lifelong physical activity
- Improves physical, social and emotional health
- Helps children succeed in sports and recreational activities
- Builds confidence and resilience
- Supports academic performance and focus

Building Foundational Skills: PE Instruction K-2

- Locomotor Skills
- Non-Locomotor/Stability Skills
- Manipulative Skills
- Spatial Awareness & Body Awareness
- Basic Fitness & Health
- Creative Movements & Expression
- Teamwork & Cooperative Play
- Fundamental Game Skills
- Object Control & Target Games
- Safety & Routines
- Recess & Unstructured Play Support

Each unit builds a piece of physical literacy. By developing movement skills, fitness knowledge, teamwork abilities, and confidence, students learn how to be active, capable, and motivated movers who can enjoy physical activity for life.

Building Advanced Skills: PE Instruction 3-5

Move for Life: Building Skills, Healthy Habits, and Teamwork

- Advanced Locomotor & Movement Skills
- Manipulative Skill Development
- Fitness: 5 Components of Fitness
- Team Sports & Small-Sided Games
- Individual & Lifetime Activities
- Teamwork & Cooperative/Strategy Games
- Fundamental Game Skills
- Object Control & Target Games
- Rules, Safety, & Game Etiquette
- Recess & Unstructured Play Support

Social-Emotional Learning *(SEL)*

Strengthening bodies, relationships, and mindsets through active learning.

Social Emotional Learning is embedded in our program and explicitly taught throughout all lessons.

Self-Awareness

- Recognize emotions, strengths and weaknesses, self-reflection

Self-Management

- Regulating emotions, handling frustration, perseverance through activity

Social Awareness

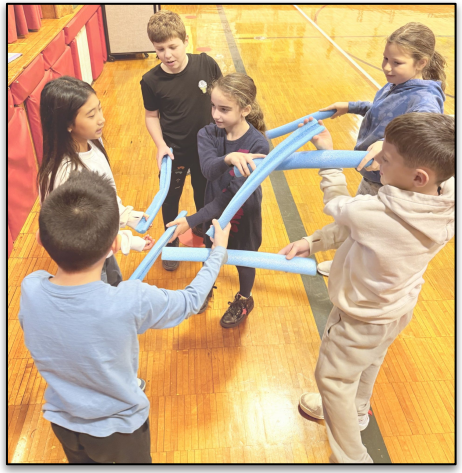
- Empathy, inclusion, understanding perspective

Relationship Skills

- Cooperative games, collaboration, communication, conflict resolution, trust

Responsible Decision-Making

- Safe, respectful & healthy choices, following rules & expectations,
- Supporting peers



PE & SEL: Student Objectives for K-2 & 3-5

Similarities	**Differences** (Advanced in 3-5)
Identifying emotions Sharing/taking turns Conflict resolution Recognizing differences Empathy Strengths/weaknesses reflection Cooperative strategies	Greater independence and self-management Deeper reflection and goal-setting More complex teamwork and strategy Stronger communication and feedback Responsibility, sportsmanship, and leadership

PE for All Learners

Finding a Sense of Belonging

- Universal design for learning
  (providing multiple ways to complete a task)
- Offer choice and voice
  (feel empowered and respected)
- Celebrate all successes
  (effort and attitude recognized as much as skill)
- Build strong relationships
  (helps students feel seen valued and appreciated)

PE for All Learners

Differentiated Learning

- Choice-based stations
  (movement, strategy, skill-building, low-impact options)
- Tiered challenges where students choose their level
- Cooperative games with focus on teamwork/ communication
- Visual cues, modeling, and step-by-step tasks
- Activities that emphasize fun, exploration, and creativity
- Roles that highlight leadership, strategy, planning, or equipment management

PE for All Learners

Adaptive Physical Education (ADPE)

Direct instructional service that provides physical activities tailored to a student's individual needs as outlined in their IEP. This can range from one-on-one instruction to inclusion in a traditional class with support, focusing on developing physical fitness, motor skills, and a lifetime of physical activities.

Focus on ensuring accessibility, maximum participation and individualized support in a positive inclusive environment.

<u>Instructional Strategies:</u>

- Differentiated instruction
- Task analysis
- Multisensory instruction
- Direct instruction

PE for All Learners

Adaptations and Modifications:

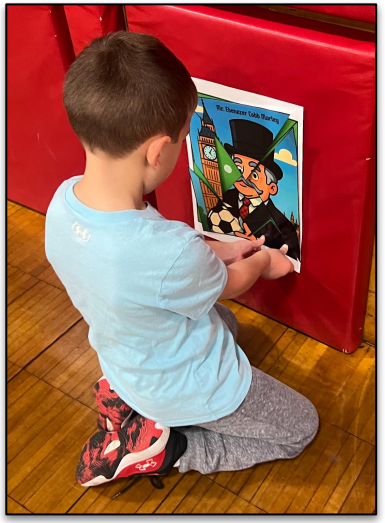
- Break skills into smaller, achievable steps
- Use visual cues, modeling, and hands-on assistance
- Emphasize routine, predictability, and structured movement
- Incorporates sensory regulation strategies
- Modified equipment (larger soccer balls, lighter rackets, lower targets)
- Simplified rules and shortened playing areas
- Alternative ways to participate (rolling, underhand throw, walking pathways)
- Increased practice time and reduced distractions
- Collaboration with other specialists (OT, PT, Speech and all members of the special education team)

PE Across the Curriculum: Grades K-1

- **Literacy:**
  - Using Fitness Puzzles, students decode exercise words and perform the exercise (with additional visual aids available for students)
  - Students use their bodies to kinesthetically create letters from the alphabet

- **Social Studies:**
  - Identify creators/countries of origin for various sports, discuss their evolution, celebrate various cultures associated with each, and overall global influences

- **Math:**
  - Students use basic addition in soccer to keep track of how many toe taps, touches, and pullbacks they perform, then compare their totals
  - Roll dice to perform specific amounts of exercises based on what was rolled by using number recognition



PE Across the Curriculum: Grades 2-3

- **Literacy:**
  - Scrabble-style games (building words while demonstrating psychomotor skills content-specific vocabulary about sports)
  - Ex. Volleyball unit: bump, set, spike, serve…
- **Science/Arts:**
  - Perform movements like animals to align with endangered animals unit
- **Math:**
  - Use addition and subtraction to keep track of points and compare totals

PE Across the Curriculum: Grades 4-5

- **NCAA March Madness Tournament**
  - **History:** Evolution of Basketball
  - **Literacy:** Students research team universities and synthesize their findings
  - **Arts:** Students design and create their team's poster
  - **Math**: track team statistics

- **Winter Olympics (schoolwide event)**
  - **History**: Evolution of Winter Games
  - **Geography**: Students learn the meaning behind the Olympic rings and which continents they represent
  - **Literacy**: Students research their assigned country's Olympic history and fun facts–and synthesize findings

- **Kentucky Derby (schoolwide event)**
  - **History**: Origins, fun facts and traditions
  - **Math**: Comparing race times and distances
  - **Arts**: K-5 classes collaborate to design and create a team poster for their horse

PE for Life

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

Community-based resources (linked below)

Syosset Soccer Club

Syosset Basketball League

St Edwards CYO Basketball and Volleyball

Syosset Elite Youth Athletics

Syosset Little League (Baseball and Softball)

SYLAX - Syosset Youth Lacrosse

Town Of Oyster Bay Hockey Programs

Syosset Learn To Swim Program

Syosset Stingrays Competitive Swim Team

League of Yes

NCPAL Special Needs Unit

In Closing

Our PE program brings Syosset's vision to life—uniting skill development, SEL, inclusion, cross-curricular learning, and lifelong wellness into one cohesive experience.

- Coherent, **K–5 progression** that intentionally builds physical literacy through developmentally aligned foundational and advanced skills.
- Deep **integration** of **SEL** where emotional regulation, empathy, communication, and responsible decision-making are taught as explicitly as motor skills.
- **Inclusive** by design, offering differentiated pathways, adaptive supports, and universal design principles so every learner can succeed.
- **Purpose-driven** programming that reflects Board of Education priorities—wellness, collaboration, balance, perspective-taking, and PRIDE.

Together, we are cultivating physically literate students who are prepared to thrive—physically, socially, emotionally, and academically—now and throughout their lives.