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ELEMENTARY CURRICULUM PARENT WORKSHOP: PHYSICAL EDUCATION

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BOARD OF EDUCATION GOALS:

How they align with physical education curriculum

Individualized Learning



Creating 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



Utilize and design experiences that cultivate collabaration skills

PRESENTATION OBJECTIVES:

Individualized Learning
Create individualized learning experiences

Collaboration Skills
Utilize and design experiences that cultivate collabaration skills

Physical Literacy
Why it matters

Three Different Types Of Play
Learning diguised as play.

Foundational Skills vs Advanced Skills
K -2nd grade vs 3rd - 5th grade

How Physical Education Supports Learning
How physical education supports classroom academics

Social-Emotional Learning in PE
How we intentially build relationships and support emotional growth.

- **Community Resources**
- **How Parents Can Support at Home**
- **Physical Education For All Learners**





NYS PHYSICAL EDUCATION LEARNING STANDARDS

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

Standard 6: Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.



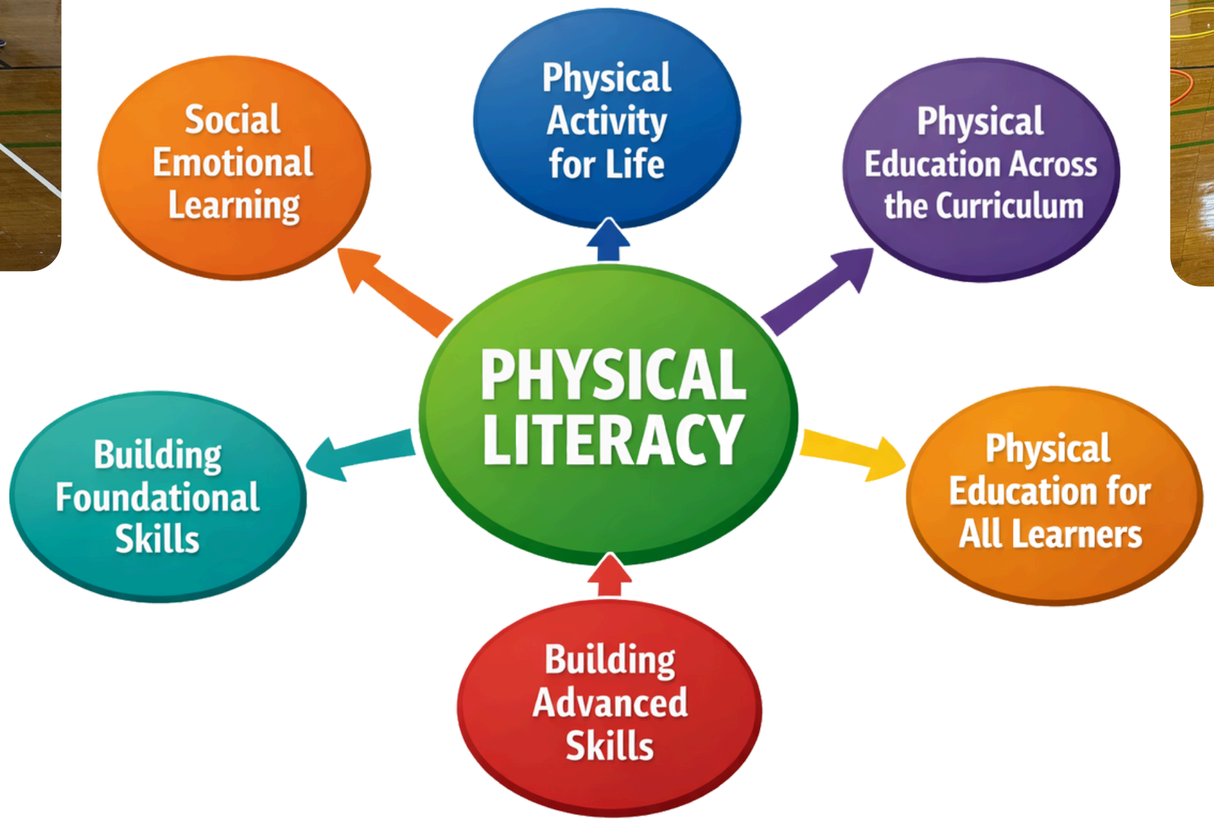



BETTER TOGETHER
BELIEVE








Social Emotional Learning
Physical Activity for Life
Physical Education Across the Curriculum
PHYSICAL LITERACY
Building Foundational Skills
Physical Education for All Learners
Building Advanced Skills

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:

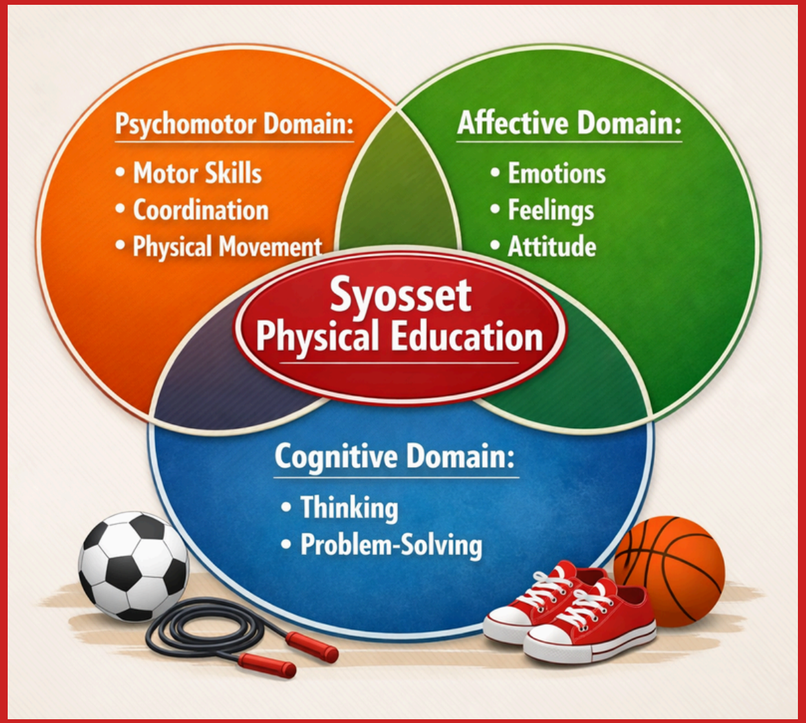
- ✔ Encourages lifelong physical activity
- Improves physical, social, and emotional health
- Helps children succeed in sports and recreational activities
- ✔ Builds confidence and resilience
- ✔ Supports academic performance and focus

Three Types of Play



1. **Structured play**
2. **Unstructured play**
3. **Outdoor & indoor play**

Three Learning Domains



1. **Psychomotor**
2. **Affective**
3. **Cognitive**

What "Learning Disguised as Play" Looks Like in PE

Skill Stations

Rotate through stations focused on health, fitness, and physical skills



Rotate through stations focused on health, fitness, and physical skills

Small-Sided Games

Play 3v3 or similar games for more action, touches, and decision-making



Play 3v3 or similar games for more action, touches, and decision-making

Creative Challenges

Solve movement challenges linked with math and literacy



Solve movement challenges linked with math and literacy

Student Choice

Choose equipment, difficulty level, and roles



Practice teamwork and encourage improvement in a safe, supportive space

Students have fun while building skills & confidence!

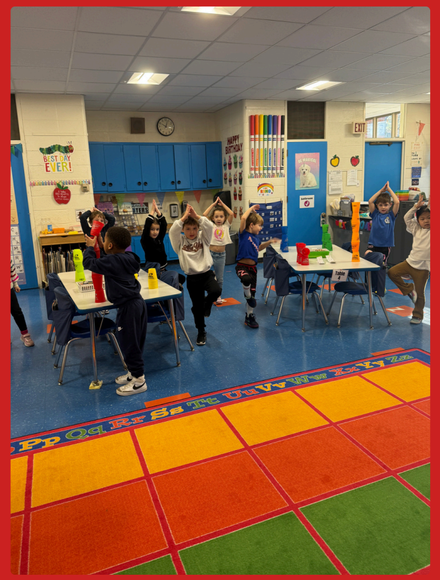






What it looks like in action:














How Parents Can Support Physical Activity at Home

Physical activity for life

- Schedule regular family movement time (walks, hikes, dancing, sports)
- Let children help choose physical activities they enjoy.
- Model an active lifestyle—children are more active when adults are active
- Celebrate effort and consistency rather than performance

What we teach: Grades K-2

Building Foundational Skills

In Kindergarten through Second Grade Physical Education

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



Each unit builds a piece of physical literacy by developing movement skills, fitness knowledge, teamwork, and confidence.

Students are learning how to be active, how to move, and how to play.



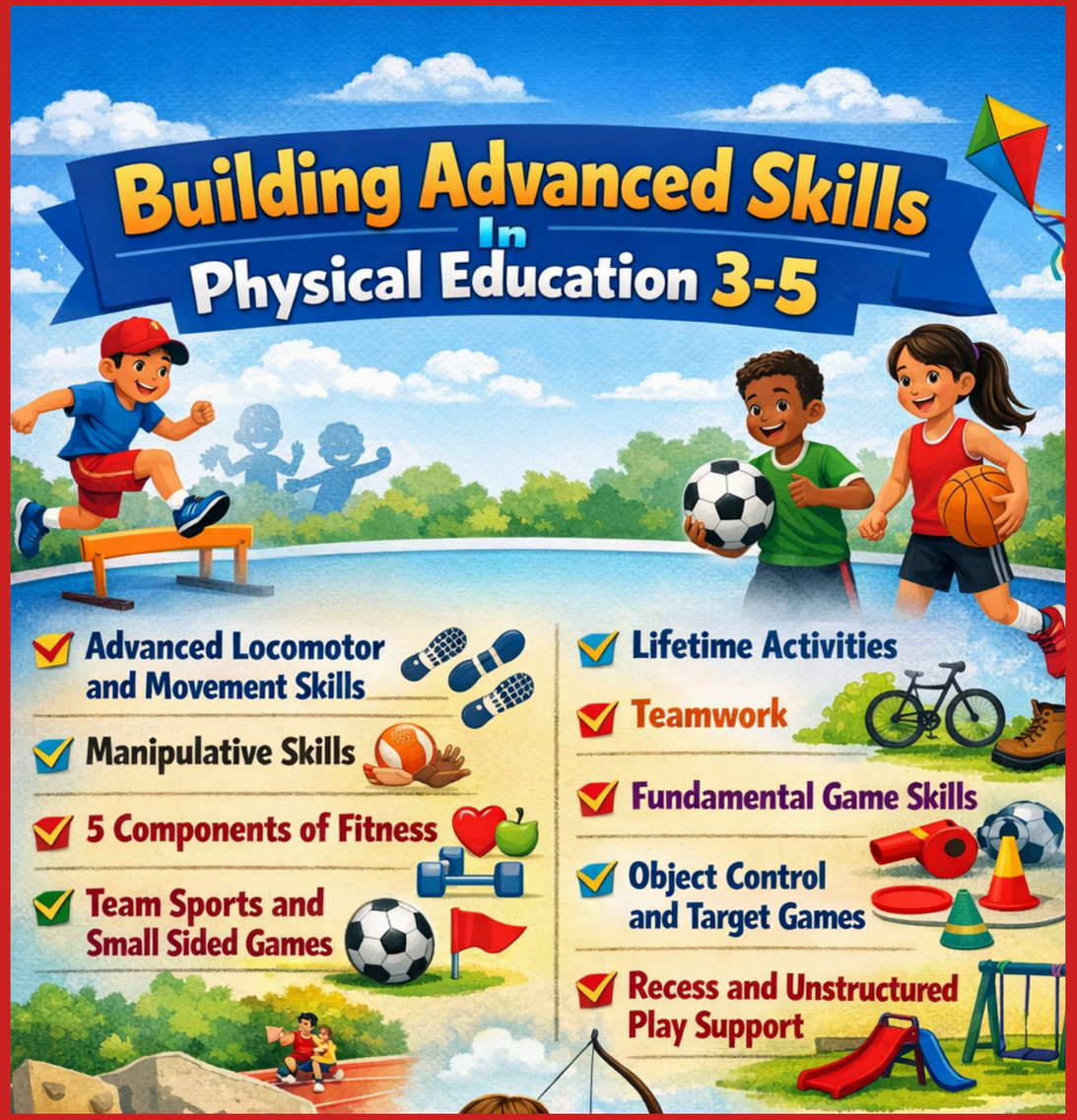




What we teach: Grades 3-5

- ✓ Teamwork & cooperation
- ✓ Ball skills & game strategies
- ✓ Fitness & movement challenges
- ✓Object control(throwing, catching, kicking)
- ✓ Problem-solving through play

Why this matters: Students develop confidence, coordination, and skills they use in sports and daily life.



How Parents Can Support Physical Activity at Home

Foundational Skills

- Practice fundamental skills like running, jumping, throwing, catching, and balancing.
- Encourage outdoor play whenever possible.

Advanced Skills

- Ecourage practice of sports or activities they enjoy
- Challenge children with skill-based games (dribbling, kicking, agility challenges)





Social-Emotional Learning in the Physical Education Curriculum

Self-Awareness

- Recognize emotions
- Strengths & Weaknesses
- Self-Reflection

Self-Management

- Regulating Emotions
- Handling Frustrations
- Perseverance through Physical Activity

Social Awareness

- Empathy
- Inclusion
- Understanding a Team Perspective

Relationship Skills

- Cooperative Games
- Collaboration & Communication
- Conflict Resolution & Trust

Responsible Decision-Making

- Safe, Respectful & Healthy Choices
- Following Rules & Expectations
- Supporting Peers



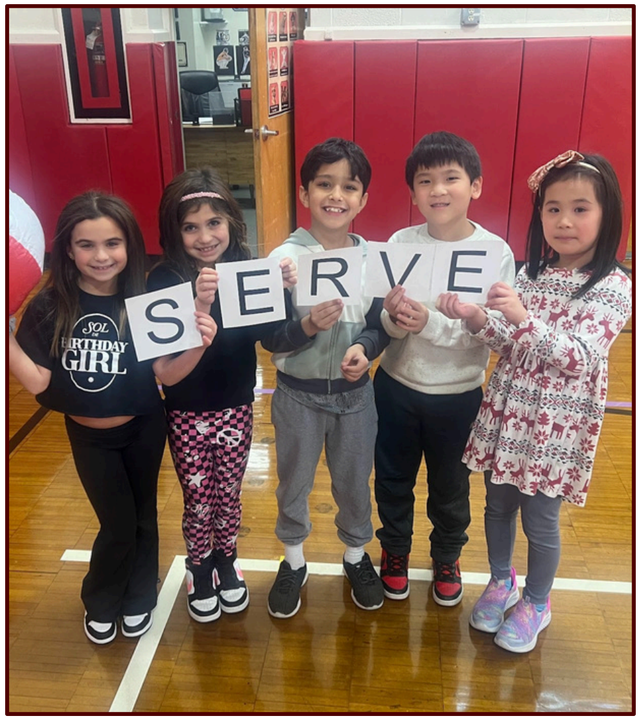


How Parents Can Support Physical Activity at Home

Social-emotional learning

- Play cooperative games (family walks, bike rides, backyard games) that emphasize teamwork over winning.
- Encourage positive self-talk during physical challenges (“You’re improving,” “Keep trying”)
- Practice turn-taking, sharing equipment, and fair play during games
- Talk about feelings before and after activity (How did moving make you feel?)
- Breathing exercises- https://www.gonoodle.com/tags/72Gb5X/breathing-exercises





How Physical Education Supports Learning

In PE, children learn more than just sports—
they build skills that help them succeed in school and life:

Reading & Language

Listening, following directions, using new words, sharing ideas

Math

Counting, timing, measuring, and understanding scores

Science

Learning how their bodies move, grow, and get stronger

Social Skills

Teamwork, fairness, respect and cooperation

Creative Expression

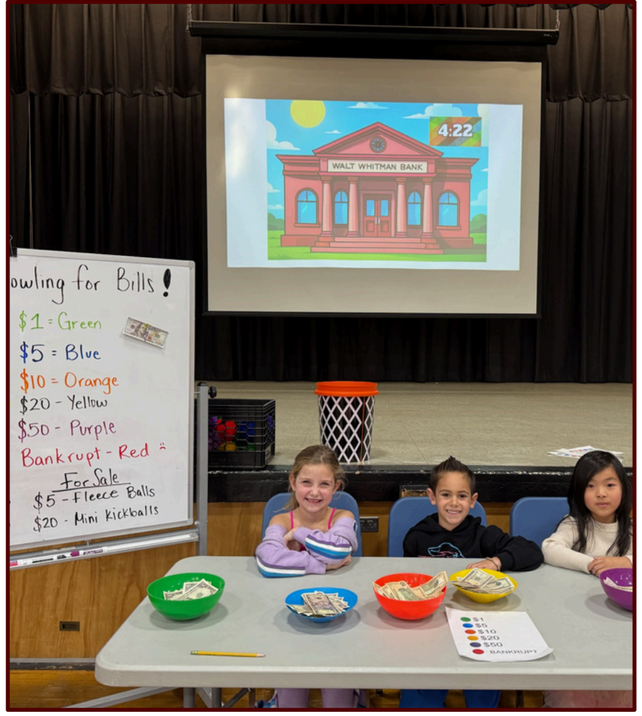
Rhythm, movement, and creativity

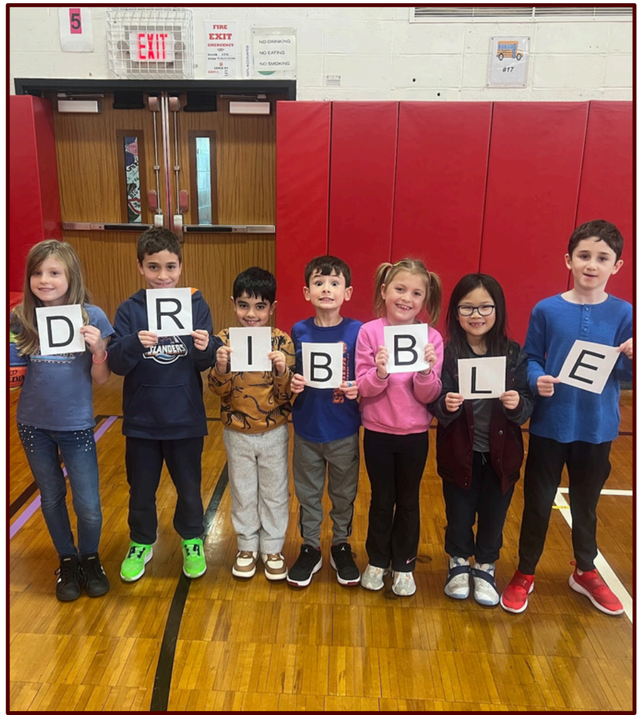
Health & Wellness

Building healthy habits, confidence, and self-awareness

Why It Matters:

Active children are happier, healthier, and better prepared to learn.





How Parents Can Support Physical Activity at Home

Physical Education Across the Curriculum

- Practice math through movement (counting steps, timing runs, measuring distances)
- Use movement breaks during homework time.
- Reinforce vocabulary by acting out words (jump, twist, balance)
- Explore science concepts like heart rate, muscles, or energy through activity



How We Differentiate in PE

- ✓ Choice-based stations
- ✓ Different challenge levels
- ✓ Visual demonstrations
- ✓ Teacher & peer modeling

How Parents Can Support Physical Activity at Home

Physical Education for All Learners

- Adapt games to match your child’s abilities (change rules, distance, or pace).
- Focus on individual progress rather than comparison to others.
- Encourage participation in a variety of activities, not just competitive sports.
- Support children with encouragement and patience as they develop skills.

Community Resources

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

Key Takeaways

- Students develop foundational and advanced physical skills, like locomotor, manipulative, and team skills.
- Students learn through play, challenges, and cooperative activities that make movement fun and engaging.
- PE supports academic learning across subjects, including math, reading, science, and creative expression.
- PE fosters social-emotional growth — self-awareness, teamwork, empathy, and responsible decision-making.
- PE encourages healthy habits and a positive attitude toward being active, which benefits both mind and body.

