

Williamson Central School District

Physical Education Plan

February 2026



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Introduction

The Williamson Central School District requires physical education instruction for all students in grades K-12. The program is comprehensive and addresses the following New York State Learning Standards for Physical Education:

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.

Adapted Physical Education is provided for students who have long-term disabilities, Individualized Education Plans (IEP) and 504 Plans.

Required Instruction

1. Grades K-4

In accordance with Commissioner’s Regulations, students in grades K-4 at the Williamson Elementary School are provided with physical education for at least 120 minutes per six day cycle. This is accomplished as follows:

Activity	Number of Minutes Per Week
Physical Education class with a certified teacher.	Students meet for physical education every other day for 40 minutes per session.

- Students in grades K-4 participate in co-educational classes. Male and female students report to physical education classes at the same time and are instructed together.

2. Grades 5-6

Students in grades 5-6 at the Williamson Middle School are provided with daily physical education for at least a minimum of 120 minutes per week. This is accomplished as follows:

Activity	Number of Minutes Per Week
Physical Education class with a certified teacher.	Students meet for physical education the equivalent of two or three times per week throughout the school year. 40minutes per session.

- Students in grades 5 and 6 participate in co-educational classes. Male and female students report to physical education classes at the same time and are instructed together.

3. Grades 7-12

Activity	Number of Minutes Per Week
Physical Education class with a certified teacher.	Students meet for physical education the equivalent of two or three times per week throughout the school year. 7/8 40 minutes per session.

- Students in grades 7 and 8 participate in co-educational classes as required by Title IX regulations. Male and female students report to physical education classes and are instructed together.
- Students in grades 9-12 participate in co-educational classes as required by Title IX regulations. Male and female students report to physical education classes and participate in various activities in a diverse group or individual setting.

Sample student schedules for each building (elementary, middle, and high school) are attached. (Sample Schedule Folder)

4. Adapted Physical Education

Adapted Physical Education is provided for students who have long-term disabilities, Individualized Education Plans (IEP) and 504 Plans. This is a modified program for students unable to participate in the regular physical education program. It is a specially designed program of developmental activities, games, sports and other activities suited to the interest, capabilities and limitations of students with disabilities who may not safely or successfully engage in regular physical education. Program adaptations range from inactive through moderate and active participation depending on individual needs. Students receive services enabling them to meet the time requirements as outlined by New York State Education Department Guidelines.

Curriculum

Introduction: Scientific research has shown that regular physical activity promotes learning and growth. The Williamson Central School District supports a well designed physical education program that promotes physical, mental, social, and emotional development.

K-12 program goals and objectives are guided by NYSED and NYS Physical Education Learning Standards (see curriculum folder)

“Physical Education is a required subject for all students in grades K-12. When students reach the commencement level of the learning standards for physical education, they will have the knowledge and skills to participate in a variety of healthy activities; understand and appreciate the benefits of maintaining a healthful lifestyle; understand how to evaluate and access resources in their community to pursue a healthy and active life; and will be aware of the many career opportunities available in this field. (NYSED)”

Physical Education in the Williamson Central School District is a balanced program focused on the development of social, emotional, cognitive and physical skills. All units are taught in a sequential order of progression throughout the grades. The goal is to introduce students to many physical activities to develop lifelong active habits to maintain physical fitness through life. There is a wide range of activities for fitness, skill, cooperation, leadership, trust, and respect.

See Curriculum folder for major units offered in the program.
Summary of curriculum:

Elementary School: All students in the elementary school are taught the fundamental skills connected with cooperative games, team sports, physical fitness, health/wellness and lifetime activities.

Middle School: All students in grades 5-8 are taught the fundamental skills connected with large group games, cooperative games, team sports, physical fitness, health/wellness and lifetime activities.

High School: The High School program strives to implement a wide range of activities that are beneficial to students' health/wellness, as well as any new and exciting activities and games that are developed. Units include team sports, partner games, individual activities, aerobic activities, dance, physical fitness, health/wellness and lifetime activities.

Assessments

Elementary School Assessment includes visual teacher assessment with verbal feedback, class/group discussion, individual assessment and group and individual project work.

Grading Policy:

Students in elementary physical education are graded based on grade specific benchmarks that correlate with the NYS and National Physical Education standards. Students are assessed in three categories which coincide with the grade level expectations. The categories are as follows: preparation, participation, motor skills, content knowledge and application.

- 4- Advanced: exceeds the standards
- 3- Proficient: meets the standards
- 2- Basic: adequately meets the standards
- 1- Minimal: needs work meeting the standards

Below you will find a detailed explanation of each category as it relates to the standard expectations.

Preparation/Participation- Behavior, attitude, effort, sportsmanship, and cooperation.

4- Always listens and follows directions, displays a positive attitude in class, demonstrates a high level of cooperation and sportsmanship. Willing to help others, shows interest, enthusiasm and overall excellent effort. Always comes prepared with sneakers.

3- Usually listens and follows directions, displays a positive attitude, demonstrates cooperation and sportsmanship, shows interest, enthusiasm, and overall good effort. Usually it is prepared with sneakers.

2- Needs reminders to listen and follow directions, occasionally lacks cooperation and sportsmanship, demonstrates lack of interest, enthusiasm and effort. Occasionally does not come prepared with sneakers.

1- Often needs several prompts when given directions. Has a difficult time cooperating and showing sportsmanship. Lacks interest and effort. Frequently sits out and or does not bring sneakers.

Motor Skills- Gross and fine motor skills development relative to grade level expectations.

4- Demonstrates competency in all gross and fine motor skills and proficiency in some skills relative to grade level.

3- Demonstrates or is moving towards competency in all gross and fine motor skills and proficiency in few, relative to grade level.

2- Lacks competency in some gross and/or fine motor skills relative to grade level

1- Has difficulty demonstrating age appropriate competency in most gross and fine motor skills

Content Knowledge and or Application- Motor skills knowledge and vocabulary. Application of knowledge to an activity setting.

4- Applies teacher feedback to improve skill performance. Identifies characteristics of correct motor skill performance. Applies movements, concepts, and strategies in activity settings.

3- Applies most teacher feedback to improve skill performance. Identifies characteristics of correct motor skill performance. Applies movements, concepts and strategies in activity settings.

2- Applies some teacher feedback to improve skill performance. Is able to identify most characteristics of correct motor skill performance. Applies some movements, concepts and strategies in an activity setting.

1- Has difficulty applying teacher feedback to improve motor skills. Unable to identify some components of correct motor skill performance. Is not able to apply knowledge in an activity setting.

Middle School Assessment involves teacher assessment with verbal feedback, class/group discussion, personal goal setting, peer observation, verbal question and answer, written assessment of rules, Athlete of the Month Award, and technology (heart rate and pulse rate monitors) to provide immediate feedback to students.

Grading Policy:

Pass/Fail based on:

- Attendance
- Preparedness
- Participation/Attitude/Effort
- Work habits
 - 4- Always listens and follows directions, displays a positive attitude in class, demonstrates a high level of cooperation and sportsmanship. Willing to help others, shows interest, enthusiasm and overall excellent effort. Always comes prepared with sneakers.
 - 3- Usually listens and follows directions, displays a positive attitude, demonstrates cooperation and sportsmanship, shows interest, enthusiasm and overall good effort. Usually comes prepared with sneakers.
 - 2- Needs reminders to listen and follow directions, occasionally lacks cooperation and sportsmanship, demonstrates lack of interest, enthusiasm and effort. Occasionally does not come prepared with sneakers.
 - 1- Often needs several prompts when given directions. Has a difficult time cooperating and showing sportsmanship. Lacks interest and effort. Frequently sits out and or does not bring sneakers.

High School Assessment involves skills testing, teacher observation, peer review, and class discussions. Students set individual fitness goals each year. Progress is revisited throughout the semester. Students in the High School receive a numerical grade for PE each marking period.

Grading policy:

Each student will receive a daily grade out of 5 points:

1 point- Attendance/present in class

1 point- Athletic clothing (sneakers and athletic shorts or pants)

1 point- Attitude/Sportsmanship/Appropriate Language

1 point- Active participation during warm-up

1 point- Active participation during class activity

Class Makeups- If you are absent from class for any reason, you will not receive credit for that day's class time. You can make up the class by completing an activity log and turning it into schoology (paper copies also available). The log must include at least 30 minutes of physical activity. Please be specific as to the activity. Additionally, athletic practices or any physical activity that takes place outside of students regularly scheduled class time can account for the five daily points.

Intramural Athletics

Students in grades 5-6 have the opportunity to participate in intramural activities during the after school activity period (tenth period). It is forty minutes in length throughout the year. The Intramural activities offered are consistent with the unit being taught in physical education classes at that time.

Interscholastic Athletics

Interscholastic Athletics are available for students in grades 7-12. Opportunities for each season are:

Fall: Soccer, Cross-Country, Volleyball, Girls Tennis (merged with Sodus), Golf (merged with Marion)

Winter: Basketball (Girls merged with Marion), Indoor Track, Wrestling (merged with Marion & Sodus), Swimming (merged with Sodus), Alpine Skiing (merged with Sodus), Bowling (merged with Sodus)

Spring: Track, Baseball, Softball, Boys Tennis, Flag Football

Goals and objectives of the interscholastic athletic programs, selection and classification, coaching requirements, awards, codes of conduct/discipline policy are attached (Athletic Handbook/Code of Conduct Folder).

Personnel

Elementary Physical Education (UPK-4) is taught by 2 certified K-12 Physical Education Teachers.

Secondary Physical Education (5-8) is taught by 2 certified K-12 Physical Education Teachers.

Secondary Physical Education (9-12) is taught by 2 certified K-12 Physical Education Teachers.

Adapted Physical Education (K-12) is taught by a certified K-12 Physical Education Teacher at the level deemed necessary.

Coaching staff in the Williamson Central School District meet all regulations including First Aid, CPR/AED and required coaching courses. Non-teacher coaches meet all requirements including temporary coaching certificate or professional coaching license. All required certificates for teacher and non-teacher coaches are on file with the District Office.

Facilities

PE Program use

Williamson Elementary (Grades UPK-4)
6036 Highland Avenue PO Box 900
Williamson, NY 14589

Facilities include: One gymnasium, two restrooms, one storage room, and one office. Outside facilities include: an open field area, a softball field, three playgrounds, an outdoor basketball court, and one soccer field.

Williamson Middle School (Grades 5-8)
4184 Miller Street PO Box 900
Williamson, NY 14589

Facilities include: One gymnasium, two locker rooms, two fitness rooms, one storage room, and two closets. Outside facilities include: one soccer field, one baseball field, and two tennis courts.

Williamson High School (Grades 9-12)
5891 Route 21 PO Box 900
Williamson, NY 14589

Facilities include: One gymnasium, two locker rooms, two storage closets, one storage room, twenty five hallway lockers, one fitness room, one wrestling room, and two offices. Outside facilities include: three tennis courts, one track, three soccer practice fields, one stadium soccer field, track and field event areas (high jump, discus, long jump, triple jump, shot put, pole vault), one stadium storage room.

Interscholastic program use:

All Williamson interscholastic athletics have use of district facilities.

Community use of facilities

Track
Gymnasium (With district approval)
Tennis courts
Playgrounds
Outdoor Fields