

## PE Programs/Features

### *Upper Elementary After School Intramurals*

Fall (Wed.) : Sept. 17th—Oct. 22nd 3:30-4:30pm

- Soccer, Kickball, Touch Football

Winter (Tues): Nov. 18th-Dec.30th 3:30-4:30pm

- Volleyball, Basketball, Mat Ball, Capture the Flag

Spring (Thurs.): Mar.26th-May 7th 3:30-4:30pm

- Lacrosse, Field-day events, Whiffleball

**Physical Best Program:** Upper elementary students will participate in the Physical Best challenge. This program will give an *individual* evaluation to each student on their fitness level. It helps promote physical activity and healthy lifestyles.

### **Other Events to Look Forward To:**

#### **District Wide Faculty Volleyball Match**

Thurs. 11/6 at 7:30pm in the High School gym. *Come support your teachers as they play volleyball for the Booster Club.*

#### **Parent/Teacher Dodgeball**

Thurs. 1/8/09 at 7:30 in Elementary gym. *Students, get your parents to square off against your teachers. There will be a student game at the end of the night.*



#### **Student/Teacher Whiffleball Tournament**

Thurs. 5/28/09 at 3:30 in schoolyard. *Teams of 4 (3 students & 1 teacher) 2 game minimum.*

## NYS Standards for Physical Education

### Standard 1: Personal Health and Fitness

**Students will** have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health

### Standard 2: A Safe and Healthy Environment

**Students will** acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### Standard 3: Resource Management

**Students will** understand and be able to manage their personal and community resources.

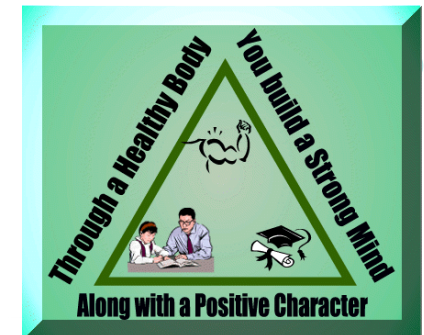
## Faculty Bio

My name is Kate Cutrone. I graduated from Bayport-Blue Point High School. I obtained my B.A. in Physical Education and Health from Adelphi University. I have been actively involved with sports since my youth, especially softball. I find myself in this career path because of an interest sparked by my softball coach/mentor. I enjoy practicing yoga as well as Pilates.



*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”*  
-John F. Kennedy

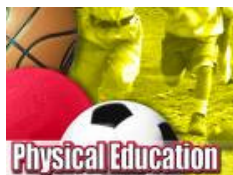
## Physical Education for Elementary Students



Kate Cutrone

## Physical Education Department Mission

- To promote lifetime fitness to all students.
- To educate students on the importance of physical activity and its health benefits.
- To develop social skills through teamwork
- To get family and the community involved in physical activity to promote healthy lifestyles



### School & Community Events.

**Back to School Night: 9/7 at 7:00pm.** Meet your child's classroom teacher and special area teachers. Make sure to stop by the gym.

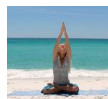
**5K Around Town for Breast Cancer: 10/11 at 10:00am.** Starts at High School.

**Homecoming Parade & Game: 10/25,** Parade starts at 11:00am at Fire Dept. Game starts at 1:00pm at High School.

**Hoop for Hearts: 1/9/09 at 7:00pm** Work on your basketball skills & raise donations for the American Heart Association

**Young Authors Night: 3/12/09 at 6:30pm.** Check out all of our student's literary work from the year.

**Relay for Life: 4/11/09 at 10:00am.** Walk around the High School track & raise money for cancer.



**Chamber of Commerce Presents: Yoga at the Beach: 5/3/09 at 8:00am.** All ages welcomed. Enjoy and introduction to yoga next to the ocean.

**Field Day: K-2: 6/12/09, 3-5: 6/5, 9:30am-2:00pm.** Watch your child compete in the 100 yd. dash, potato sack race, 3-legged race, & much more!

## Annual Curriculum

### Lower Elementary Students (k-2):

#### Kindergarten:

- Rhythmic movement: includes parachute!
- Lead up activities to various sports and games

#### Grade 1:

- Tumbling
- Nukem Volleyball

#### Grade 2:

- Cooperative Games
- Strategy Games

### Upper Elementary Students (3-5):

#### Grade 3:

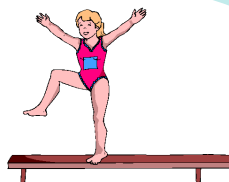
- Physical Best
- Gymnastics

#### Grade 4:

- Volleyball
- Soccer

#### Grade 5:

- Basketball
- Baseball/Softball



## Grading Policy

#### Attendance/Preparedness: 10%

Students come prepared for physical activity in sneakers and appropriate clothing.

#### Active Participation: 30%

Students give their best effort for the entire class time and attempt new skills.

#### Follows Classroom Rules/Regulations: 10%

Students follow rules and regulations.

#### Meets Classroom Expectations: 15%

Students meet respect, sportsmanship, and fair play expectations.

#### Weekly Exercise Log: 20%

Students participate in physical activity at least 3 times a week outside of school. Exercise log contains 1-2 sentence reflection of activity and is sign by a parent.

#### Teamwork & Leadership: 15%

Students work cooperatively with others and demonstrate leadership skills while working together.

## Classroom Rules/Regulations/ Expectations

- Respect:** Students demonstrate respect to all, both teachers & peers.
- Sportsmanship:** Students demonstrate fair play, teamwork, and positive attitudes in all activities.
- Preparedness:** Students are expected to come to class in sneakers and clothing fit for physical activity.
- No food & drinks allowed in the gym. This includes gum.
- Students are expected to follow all directions that are given. Safety is crucial. All instructions that are given have safety in mind.
- Students are expected to treat equipment with care and use equipment properly.
- Student are required to come in at the beginning of class and sit in assigned floor spots for attendance.
- All activity stops when the whistle is blown. Students should freeze where they are, and listen for instructions.

### Please feel free to contact me with any questions or concerns.



Kate Cutrone

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