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 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!

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**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

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**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.

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**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.**

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

Kate Cutrone  
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