

# **Welcome to Physical Education 2012-2013**

**Cold Spring Harbor CSD  
Physical Education  
Department**

# What is Physical Education?

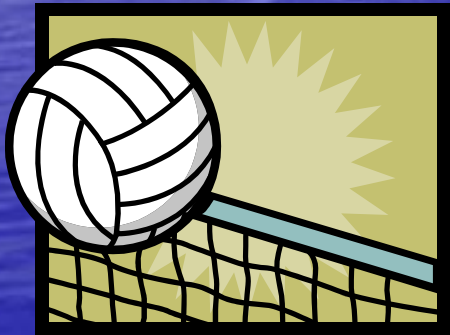
- A mandatory requirement in order to graduate
- A class that will help students acquire and refine skills that will enhance their quality of life through a physically active and healthy lifestyle
- Introduce students to a variety of units, so that they can explore and discover activities that fit their needs





# Goals for Every Lesson

- Students are active and engaged
- Students are highly successful
- Students have a lot of fun



# Physical Education Curriculum

- Challenging and innovative activities for students which promote positive, lifelong, healthy attitudes and behaviors
- Opportunities for students to develop skill-related fitness, such as: balance, coordination, agility, strength & speed
- Opportunities for students to develop and maintain physical fitness, including cardiorespiratory endurance, flexibility & muscular strength
- Opportunities to learn and apply skills and knowledge in a wide range of sports and lifetime activities
- Opportunities for students to develop personal living skills such as respect for others, cooperation, collaboration, trust, communication, honesty and fair play, and goal setting



# Appropriate Attire

To participate, students must change into attire that is appropriate for physical activity. Unprepared students may not physically participate in class.



*Sneakers are a MUST!*

*No jewelry watches or hats*

***NO CELL PHONES  
IN CLASS!!!!***

***NO CELL PHONES  
IN CLASS!!!!***





*Please remind your child to lock  
their belongings in their locker*



# How grades are determined:

- 80% Participation
- 10% Skill
- 10% Cognitive



# Physical Education Grading

Maximum points a  
student can earn per  
class is:  
5 points





# Successful PE Students:

- ✓ Are present and on time
- ✓ Are prepared for class
- ✓ Are ready to learn and improve skills for an active, healthy life
- ✓ Value everyone in class
- ✓ Treat others as they would like to be treated

# Extra Help and Make-Ups

- Extra help sessions can be made throughout the year by appointment with your child's Physical Education teacher
- Offered at the end of each marking period
- Classes can only be made up before school (7 am – 7:40 am)
- If the student is illegally absent (cutting), no make up will be allowed



# Each year students are trained in American Red Cross Adult CPR/AED.



Students who successfully pass the written and practical exam will be issued a certificate from the American Red Cross.



# SAPP

## 9<sup>th</sup> Grade

4 class periods: Physical Education  
3 class periods: School Counselors

Total: **7 classes**

Alcohol  
Marijuana  
Heroin  
Ecstasy  
Rohypnol  
Methamphetamine  
Cocaine

## 11th Grade

Adding new curriculum this year.  
It will be a series of assemblies.





If you have any questions please do not  
hesitate to contact your child's  
Physical Education teacher

Ms. Skakandi	<a href="mailto:dskakandi@csh.k12.ny.us"><u>dskakandi@csh.k12.ny.us</u></a>	367-6809
Mrs. Uhl-Smith	<a href="mailto:kuhl-smith@csh.k12.ny.us"><u>kuhl-smith@csh.k12.ny.us</u></a>	367-6812
Mr. Cacioppo	<a href="mailto:scacioppo@csh.k12.ny.us"><u>scacioppo@csh.k12.ny.us</u></a>	367-6824
Mr. Lynch	<a href="mailto:clynch@csh.k12.nu.us"><u>clynch@csh.k12.nu.us</u></a>	367-6824
Mr. Phelan	<a href="mailto:cphelan@csh.k12.ny.us"><u>cphelan@csh.k12.ny.us</u></a>	367-6824

The Cold Spring Harbor Physical Education staff would like to  
thank you for attending this year's Open House and for being  
an active participant in your child's Physical Education  
program.