Port Washington School District
Physical Education, Health and Athletics

Presented By:
Stephanie Joannon
Director of Physical Education, Health and Athletics
New York State Physical Education Regulations

- All students in K-12 must attend and participate in a physical education program.

- All pupils in grades K-3 shall attend and participate in physical education on a daily basis.

- All pupils in grades 4-6 shall attend and participate in physical education not less than three times per week.

- All pupils in grades 7-12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than two times per week in the other semester.
Elementary Physical Education Programs

According to the **CDC** Children and adolescents should participate **60 minutes** (1 hour) or more of physical activity each day.

**NASPE** recommends school-age children accumulate at least **60 minutes** and up to several hours of physical activity per day while avoiding prolonged periods of inactivity.

**Salem**
- Milers Program
- Fun Run
- Turkey Trot
- Alley Pond Park Field Trip
- Sports Ed Model
- Gymnastics Show
- Mall Show
- Project ACES
- Circus Project Assembly
- Circus Show

**Daly**
- Fifth Grade championship tournaments
- Project ACES
- Field Day
- Jump rope for Heart

**Sousa**
- Running club
- Run 4 Fun
- Project ACES
- Field Day

**Guggenheim**
- Jump-a-thon for Laurie Strauss
- Circus arts
- Sport education program
- Brittany Barron Marathon
- ING running program
- ACES
- Field Day
- Fifth Grade Tournaments during lunch
Weber Physical Education

Weber Middle School Physical Education emphasizes maximum activity for all students, while developing refined motor skills, modified sport skills and fitness levels.

- Our goals directly align with the New York State Learning Standards
- The aim of every physical education class is to achieve the following:
  - **Value**
    - Through participation students will learn cooperation, respect, responsibility and resource-fullness
  - **Know**
    - What they learned-Content and Knowledge
  - **Do**
    - Perform specific activities
    - Learn new skills
    - Apply them in an authentic situation
    - Fitness and skill acquisition
  - Program highlights include: NFL Play 60, Mall Show, “Spike It Up Volleyball”, Project Adventure

Please visit the Weber PE page on Portnet for additional curriculum content
The High School Physical Education department offers a diverse curriculum affording all students numerous opportunities to become competent and proficient in obtaining lifelong fitness.

The course offerings are as follows:

- Team sports emphasis in 9th & 10th grade
  - Basketball, Volleyball, Soccer, Flag Football, Team Handball, floor hockey, frisbee
- Lifetime sports emphasis in 11th & 12th grade
  - Badminton, Tennis, Golf, Weight training, archery, pickleball
- Outdoor Education
  - Mountain Biking, Archery, Biathlon, Hiking, Orienteering, climbing
- Fitness Education
  - Pilates, Yoga, Power walking, BOSU Balls, Kickboxing, zumba, circuit training
- Dance Education- Dance and movement, Advanced dance and choreography
  - Modern, jazz, ballet, latin dance, tap, rhythmic structure of dance and music
  - Rhythm dance, study dance composition forms, jazz choreography
- Adapted Physical Education
- All students receive lessons in project adventure and weight training.
Thanks to those who contributed to our PE Program

- PWEF Grants
  - Fitness equipment
- AAPW Donations
  - Mirrors for fitness classes
- ING Running Grants
- Community Chest
- Title IV Grant
  - Four Computers, Video Cart with Projector, Software.
- Fitness Equipment Donation from PowerTen.
- Portable classroom fitness center at Weber.
Physical Education Staffing

- Physical Education is mandated K-12.
- Port Washington is not compliant in grades K-3 which is required to meet daily. To move towards compliance would require additional staffing of an additional 3.8 full time PE teachers district-wide.
- We do not meet the time mandate for grades 4 and 5.
- Elementary “double classes” have upwards of 45 to 50 students in one space. Two teachers are there, yet time on task is compromised.

- Middle School average class size is 26-27 students.
- High School has 58 class sections. Enrollment is high.
  - 11 sections with 35+ students (average 36).
  - 26 sections with 26-34 students (average 29)
  - 20 sections with under 26 students (average 21)
  - 1 adapted section

Physical education was cut at .6 in 2007 and another .2 in 2009.
• Mandated to be taught by classroom teacher K-6
• Mandated to be taught by health certified teacher in grades 7 and 11.
• Previously, health was taught by school nurse teachers in elementary
• Previously health was taught by health certified teacher in grades 6, and 8. Due to 2011 attrition, this is no longer.
• Health currently taught in grades 9 and 11 at Schreiber.
Elementary Health Education

- The elementary health curriculum focuses on overall social and emotional well being, good hygiene and wellness. As early as kindergarten, some sort of drug and chemical awareness is introduced. Throughout the K-5 curriculum, the common theme is to say no to drugs and alcohol.
  - 1st grade and 2nd grade – medicines and proper use, safety, hygiene
  - 3rd grade – safety risks, outside influences, nutrition
  - 4th grade – safety risks at home, no on home, healthy choices, outside influences, entire unit on anti-smoking and nutrition
  - 5th grade – Puberty education, conflict resolution, much anti-smoking messages.
Weber Health

- 6th grade students receive health related lessons at the comfort level of their core teachers during team study.
- Not all 6th grade students receive health related instruction in the same manner due to scheduling and pull-outs (AIS, PEP, Resource Room, etc.)
- When taught a full course students were taught by health certified teacher in the area of: tobacco, the story of SADD, peer pressure, role play, basics of alcohol education, drugs and their affect on physical, emotional and mental health.
- **There is concern of the quality and quantity of health education at the middle school. An ongoing, full year evaluation is taking place.**

- 7th grade students receive formal curriculum instruction that meets the full NYS mandate of 20 consecutive weeks. However, not all seventh grade students participate due to mandated service that preclude receiving health in the seventh grade (combination of resource room and AIS).
  - Talk a lot of being “high on life”
  - Decision-Making Tobacco and Alcohol
  - Drugs (over the counter and prescription and illegal)
  - Stress and Stress Management
  - Communication
  - Peer pressure and refusal skills through role play
  - Dynamics on family and friend relationships

- 8th grade does not receive formal health education instruction. Select students in the 8th grade who did not receive health education in the seventh grade are assigned a health class.
Schreiber Health Education

9th Grade Emphasis:
- Transition course from Middle to High School.
- Provides a foundation of media literacy skills. Students learn to balance fact and perceptions that potentially lead to risky behaviors.
- Focus on drug prevention. The message is no to drugs.
- Age-appropriate skills to develop confidence.
- Teen statistics for this age group as supplied by nationally recognized surveys.
- Large emphasis on drug and alcohol education.
- “Curing the curiosity” is the catch phrase identifying those issues applicable to the individual classes.

11 Grade Emphasis:
- Students have experienced or seen many of the risky behaviors identified in ninth grade. The course is designed to realize how to use real life applications. The questions and experiences in this grade are far different than those in ninth.
- Many topics drive home that students are not invincible and the need for self awareness.
- Provides competence and confidence to effectively apply health skills through role play activities.
- 10-15 hours of alcohol awareness
- Identify drugs and their classifications: narcotics, inhalants, steroids, prescription drugs.
- ~400 students earn Heartsaver/AED certification from Heart Association
Health Staffing

- Cuts already occurred in health education in the 6 and 8th grade with a certified health teacher due to attrition last year.
- Eliminating the non-mandated 9th Grade Health program would impact in the following manner:
  - 9th grade program encompasses 16 sections of classes. Without this program there would be 400+ students searching for another elective course or roaming free in the building.
  - *Too Good for Drugs*- an evidence-based curriculum, sponsored by OASAS, is implemented in 9th grade. Without this OASAS sponsorship, our district would lose a $37,000 grant (which helps to support our Social Worker’s salary).
- Loss of ESL Health Program
- Elimination of a high school health teacher. $90,000.
- Students will not receive health education during the most developmentally and emotionally challenging years of their life: 12-17 years old.
  - Transition to high school, stress, dependence on social networking, bullying peer relationships.

*Where are your children taught the skills to COPE with it all?*
Department of Athletics

- Accolades and Accomplishments
  - School of Distinction – 2008-2009, 2009-2010
  - All teams scholar athlete teams
  - Nassau County Sportsmanship Recipient 2009 and 2010
  - 12 Sportsmanship awards from coaches associations in 8 different sports.
  - 14 Conference Championships in 9 different sports
  - 2 EAB News 12 Scholar Athlete
  - 1 Nassau County Sports Commission Recipient

- Facts
  - Of the 57 schools in Nassau County, Port Washington ranks #10 in enrollment.
  - 89 teams grades 7-12 are reflective of the large population of students.
  - The athletic budget supports 52 teams at the high school (including Portettes and Cheerleaders), 37 teams in the middle school and a total of 111 coaches.

- Participation Numbers: (2010-2011 school year)
  - Total Participation in HS 966. Unique total 650
  - Total Participation in MS 721. Unique total 451
  - Total Participation – 1687
    - Unique total - 1101
    - Multiple Sport Athletes - 586
PORT WASHINGTON ATHLETIC BUDGET

$1.6 Million

89%

($1,420,987)
Salaries (64%)
$1,021,055

Officials / BOCES (18%)
(up 2% / yr)
$110,500

Transportation (7%)
(up 3% / yr)
$289,432

11%

($180,000)
Equipment (2%)
Reconditioning (1.7%)
Entry Fees (1.8%)
Schreiber Athletics (2.1%)
Weber Athletics (1.1%)
Recertifications (.2%)
Contract Services (.5%)
Awards & Banquet (.6%)
Athletics Budget

- The athletic budget needs to be looked at similar to the entire school budget. Where the entire school budget has fixed costs of salaries, health care and pension costs, athletics budget is similar with fixed costs. They are salaries, officials fees and transportation.

- **Total fixed 89% of the athletic budget** ($1,420,987)
  - Salaries (64%)
  - *Coaches salaries have been frozen since 2008.*
  - Officials/BOCES fees up 2% each year (7%)
  - Transportation up 3% each year (18%)

- **Total Remaining is 11% of the athletics budget - $180,000**
  - Equipment – Big ticket items, scoreboards, nets, track and field equipment, bleachers, etc. 2%
  - Reconditioning – recertification of safety equipment and cleaning of uniforms 1.7%
  - Entry Fees – for teams to be in invitationals, tournaments, rental of pool time, lanes, golf 1.8%
  - Schreiber Athletic Supplies – uniforms and necessary supplies for each sport 2.1%
  - Weber Athletic Supplies – uniforms and necessary supplies for each sport 1.1%
  - Certification of Coaches CPR/AED and First Aid .2%
  - Contract Services – additional trainer at football and contact sports, mandated video taping, speakers .5%
  - Awards and End of Year Banquet – certificates, trophies, plaques, banners .6%
Reducing costs to the district

**Supplemental Funding**
- AAPW
  - Turf field, Scoreboards, team donations, etc
- Team Booster Clubs
  - Baseball
  - Basketball
  - Football
  - Lacrosse
  - Wrestling
  - Tennis
  - Track
- Individual Donations
- Fundraising Events
  - Battle of the Buildings Lax Snowflake Tournament, etc.

**Fiscal Prudence**
- Consolidate bus travel where possible.
- Elimination of coaches conference money.
- No post season pay.
- New uniforms on 5 year rotation.
- Teams absorbing costs for invitational and tournaments.
- Reducing supervision assignments.
- NYS reduced games statewide.
- Section 8 further reduced games per season saving Port $8,100.
- Tighter inventory controls.
- Cooperative bids

*Can we support the following sports in the future which are now funded by families outside the school district?*

Crew? Ice hockey?
Unfunded Mandates and Other Surprises!

- Official salaries, BOCES fees (2% increase/yr)
- Transportation costs (3% increase/yr)
- NHFS rule changes regarding uniforms (3 years notice)
- NYPHHSAA rule changes regarding safety equipment.
  - 2 years notice (i.e. helmets, bats, goals, goggles, hygiene, etc.)
  - Wooden bats? Girls lacrosse helmets?
- Mandated supervision at games
- Playoff berths
- Repairs (floor plates, goals, fencing, bases, nets, etc.)
- Replacement of old and obsolete equipment with new
- Need for new equipment (pole vault system, scoreboard)
- Purchase and upkeep of district’s AED equipment.
- Mother Nature!
**Third Team Cost Breakdown**

Transportation costs: $248 in district & $296 out of district. Costs associated with home games $300 HS level & $250 MS level

<table>
<thead>
<tr>
<th>Weber Teams</th>
<th>Salary</th>
<th>Official/ Supervision</th>
<th>Transportation Games/Practices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball (17)</td>
<td>5,272</td>
<td>1020/468</td>
<td>2,976/1,480</td>
</tr>
<tr>
<td>Boys Soccer (18)</td>
<td>5,272</td>
<td>1020/468</td>
<td>2,976/1,480</td>
</tr>
<tr>
<td>Girls Soccer (17)</td>
<td>5,272</td>
<td>1020/468</td>
<td>2,976/1,480</td>
</tr>
<tr>
<td>Girls Volleyball (16)</td>
<td>5,272</td>
<td>1020/468</td>
<td>4,464/1,480</td>
</tr>
<tr>
<td><strong>Total: Weber - 68</strong></td>
<td>21,088</td>
<td>4,080/1,872</td>
<td>13,392/5,920</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Schreiber Teams</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Basketball (16)</td>
<td>5,931</td>
<td>1,620/800</td>
<td>3,472/2,384</td>
</tr>
<tr>
<td>Boys Soccer (21)</td>
<td>5,931</td>
<td>1,440/800</td>
<td>3,472/2,072</td>
</tr>
<tr>
<td>Girls Soccer (22)</td>
<td>5,931</td>
<td>1,440/800</td>
<td>3,472/2,072</td>
</tr>
<tr>
<td><strong>Total: Schreiber - 59</strong></td>
<td>17,793</td>
<td>4,500/2,400</td>
<td>10,416/6,528</td>
</tr>
</tbody>
</table>

| Total: 7 Teams (127)         | 38,881  | 8,580/4,272           | 23,808/12,448                 |

| Total Third Team             | 87,989  |                       |                               |
Through the Director’s Eyes

- **In physical education**, we utilize all the staff in the district to the maximum. Should enrollment decline at any level, we would need to re-deploying teachers to the appropriate level to maximize student time on task. We need to become compliant in grades K-3 with creative curriculum development. Finding a way to provide additional activity sessions at the elementary level via intramural or special programming would prove beneficial to overall wellness. The PE cut of 9 years ago was 1.9 PE and .2 in the last two years. Enrollment has increased every year.

- In **health education**, we meet and exceed (on one level) the state regulations. Port has always been proactive in adding curriculum when there is need. Port did offer health in sixth and eighth grad health due to P.R.I.D.E. survey results and community and school partnerships concerns. Ninth grade, though not mandated. continues because of the same concerns.

- In **athletics**, the amount of sports teams offer correlate to the large number of students interested in participating on a competitive level. While intramurals might allow for more activity, it does not replace the element of competition. We have been fortunate with our offerings (although we don’t offer all the sports we could offer). Other sports: middle school winter track, bowling, HS boys badminton.

- “**Choice: the mental process of judging merits of multiple options and selecting one of them.**” We have been fortunate in our schools to choose to provide numerous opportunities in these areas. The facts are here to help with the tough choices ahead.