



How To Make Your Physical Education Program Visible In Your Community



Not Getting The Attention Your Program Deserves?



- . Are you tired of seeing other departments getting all the positive attention in your district?
- . Does the music program steal all the publicity with their public performances multiple times a year?
- . Does your school play get more publicity than your PE program?
- . Do you work hard and think no one notices the important things you do?
- . Is your department tired of being on the bottom of the district's totem pole?



Tools That Will Help You Get The Word Out About Your Program

Design and update your department web page



Use your district's resources and create videos



Use of district Facebook page



Use of district Twitter account



Use of town newspaper/ TAPinto



Take pictures of great things going on in your programs



Data on your programs (Fitness)



The Power Of Social Media On Your Program

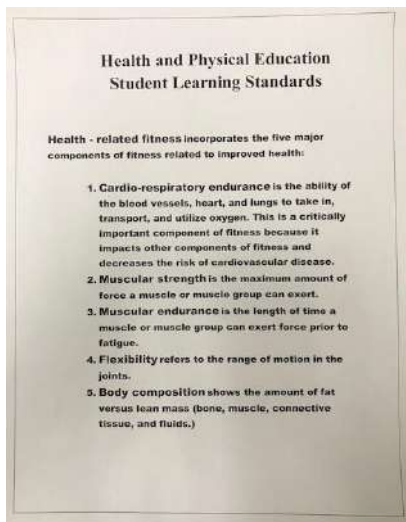


Establishing A Professional Image

Department Posters

Staff Shirts & Jackets

High School Bundle T-shirt & lock



10 Minutes of Fitness

- K-12 District Initiative- Fitness is the real lifetime sport
- 80% Health & 20% Skill Related Fitness Components

Varied exercises that work on:

- Cardiovascular Fitness
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition
- Agility
- Power
- Speed
- Coordination
- Reaction Time
- Balance



10 Minutes of Fitness

Expose students to equipment that is available in fitness facilities, such as;

TRX
Dyna Bands
Bosu Balls
Stability Balls
Kettlebells
Dumbbells
Yoga Blocks
Individual Mats
Agility ladders
Tubing with handles
Banana hurdles
Push up wheel
Core Sliders

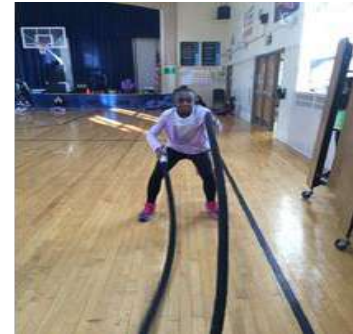


10 Minutes of Fitness - Elementary Level

K-3 classes are 30 minutes. Fitness stations can be incorporated into the lesson. For example, a hockey lesson can have 6 stations. (Mountain Climbers, Squat Thrusts, High Knee Step-Ups, Box Hockey, Stickhandling and Shooting.)

4th-5th grade classes are 45 minutes. Students enter the gym, set-up their assigned station, complete 1 minute at each station and then clean-up at the end of the circuit

Continue with skills and/or games for the specific unit



10 Minutes of Fitness - Middle School Level

- Each 55 minute class begins with our 10 minutes of fitness warm-up
- Each of our six stations focuses on improving students Health and Skill-Related fitness as well as preparing them for the daily activity/lesson
- 10 minutes of fitness circuit is guided by a phone app that plays music and indicates when students rotate to the next station



10 Minutes of Fitness- High School Level

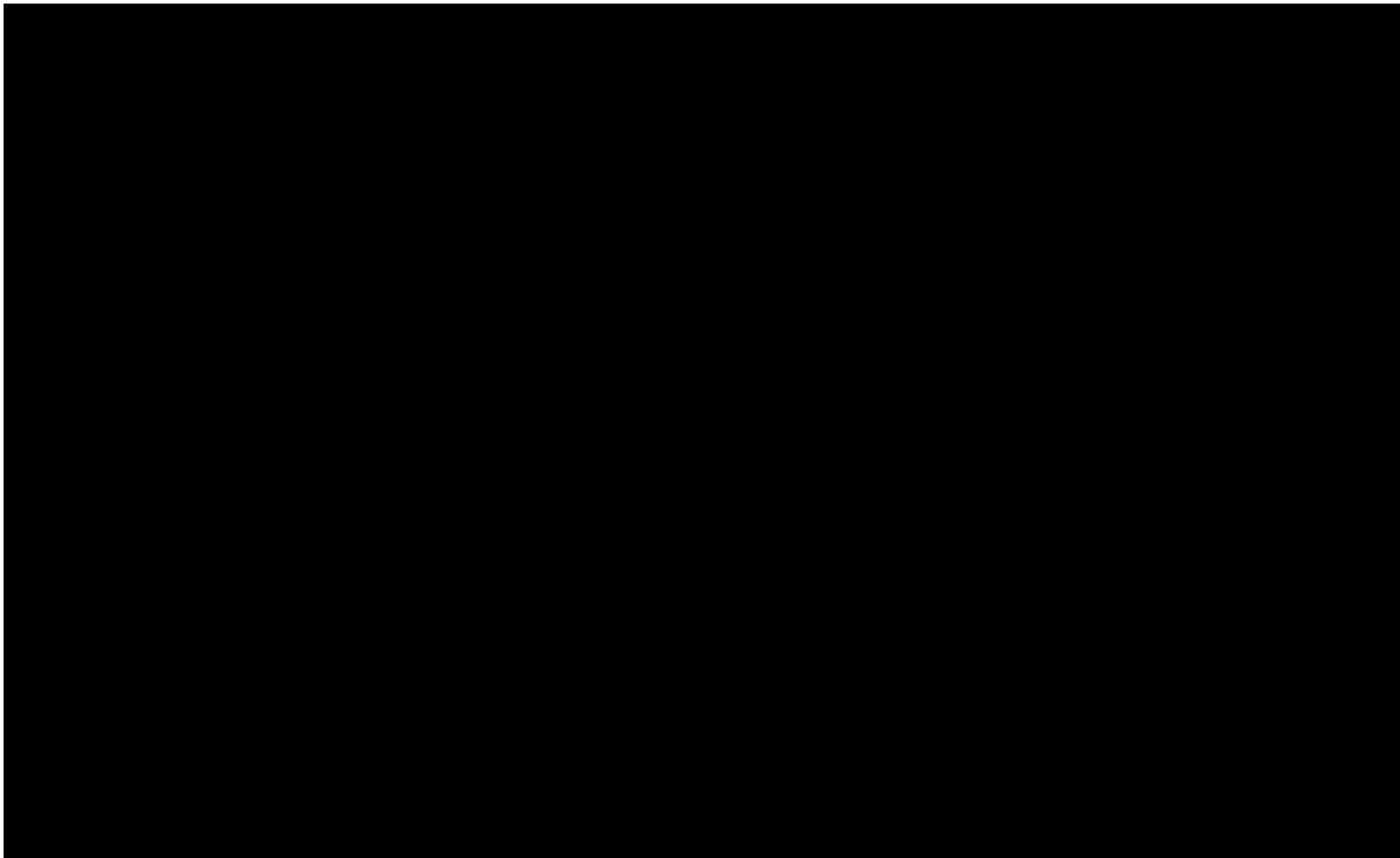
.53 Minutes

.10 Minutes of fitness coordinator

.6 classes- 6 stations

.Each station focuses on improving fitness testing results





Events For Every Population “Mountaineer Care Day”

- Fun event that pairs WOHS mentors with our middle and high school special needs students
- Various non competitive sport game stations set up on our varsity football field
- Half time dance party & snacks
- Event facilitated by PE dept
- Major district stakeholders attend



West Orange Skill Related Combine

- Parallels what the NFL does at the scouting combine in March
- Reinforces the skills needed in all sports
- Varied skill related fitness stations & football skills:
 - Agility
 - Power
 - Speed
 - Coordination
 - Reaction Time
 - Balance



West Orange Skill Related Combine

School Wide Activities-

.Jersey Day

.Discuss the background of the NFL Combine

.Watch portion of the 2018 NFL Combine



Skill Related Activities

.5-10-5 Agility Drill

.Vertical Jump

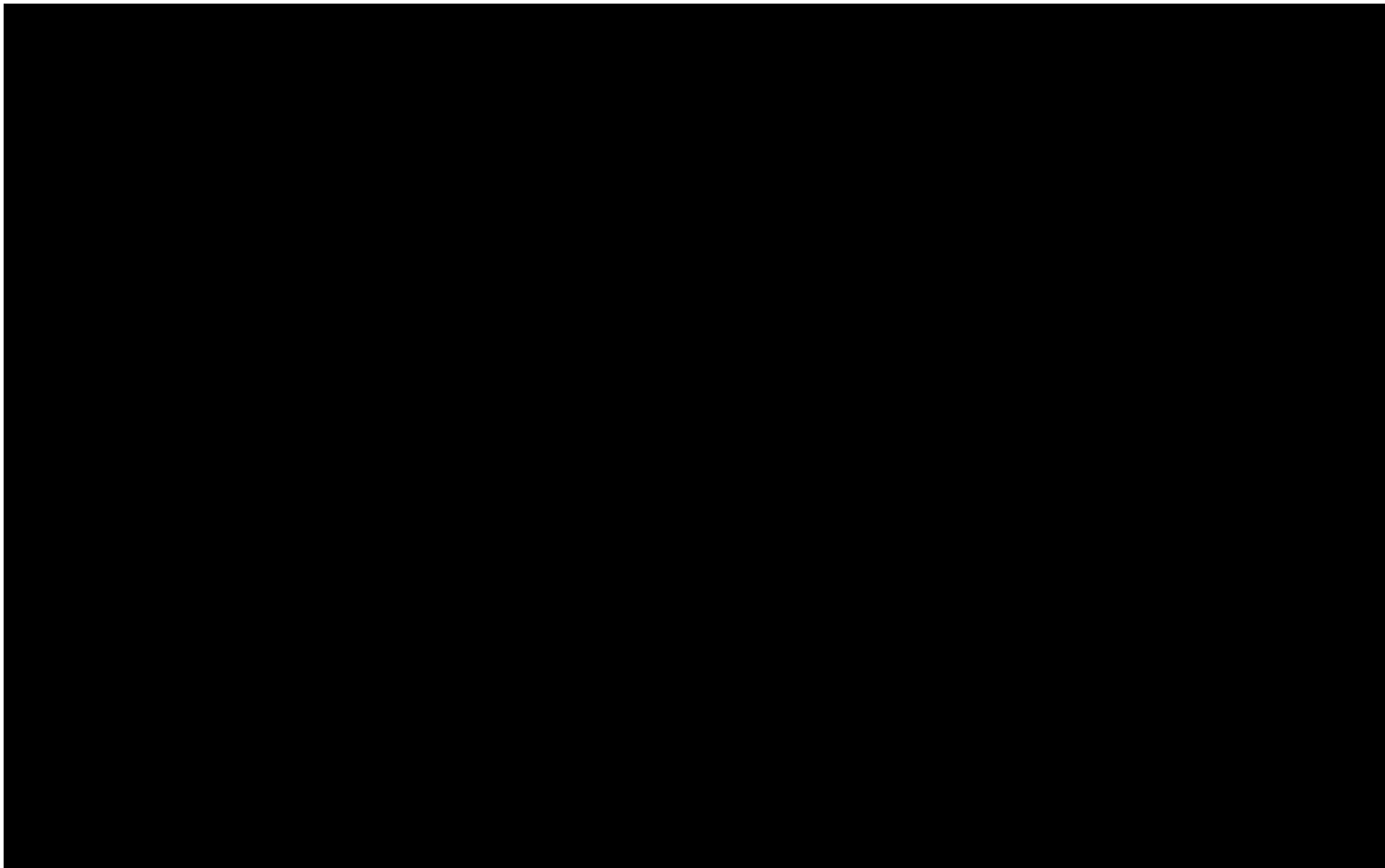
.Rope Pull

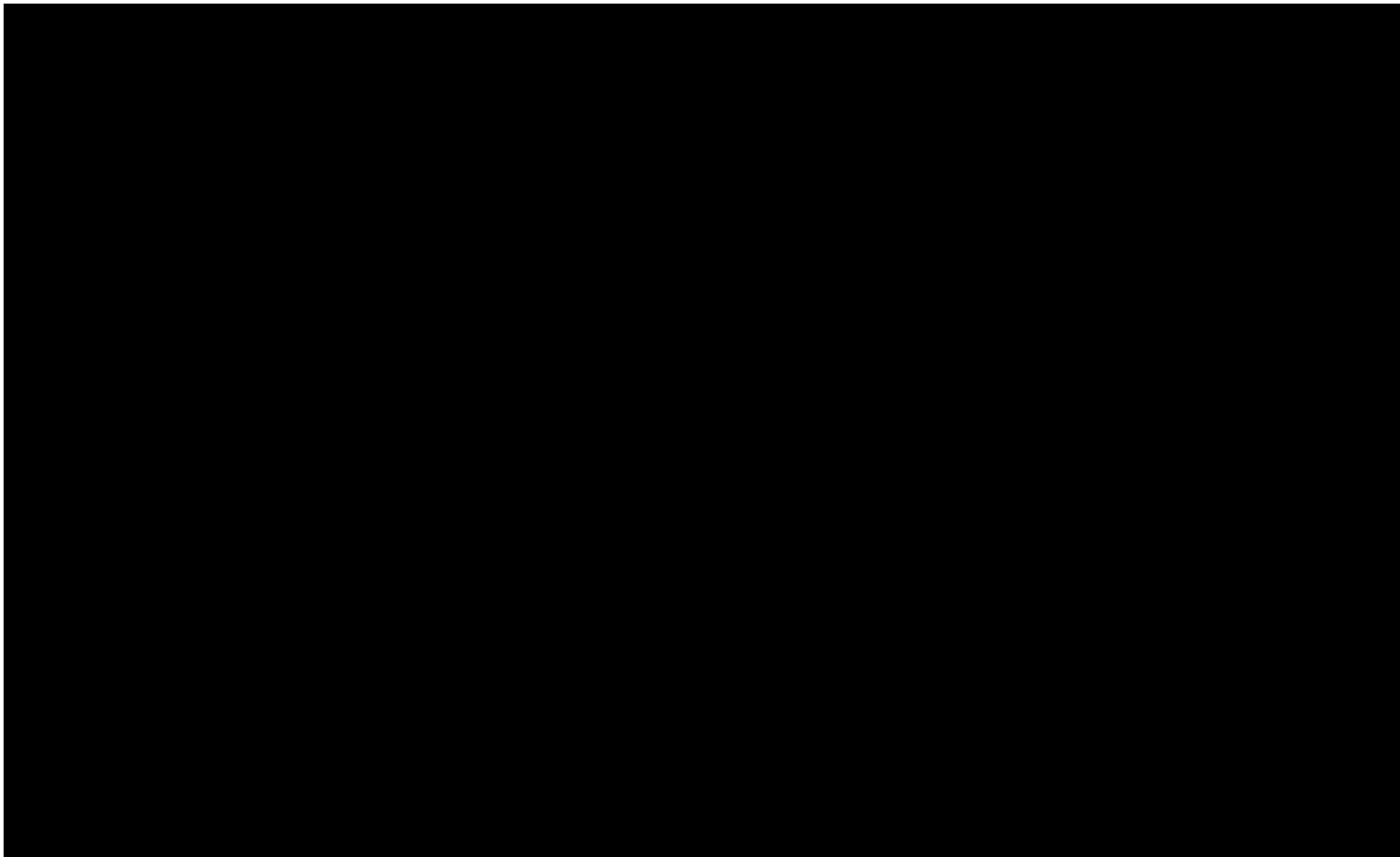
.Broad Jump

.40 Yard Dash

.Bench Press (Medicine Ball/Weighted Bars)







West Orange Literacy Day In PE

Cross Curricular Activity

- Integration of common core subjects into Physical Education
- Turn talk strategy, exit cards, written assessments, task cards, are all examples of ways to integrate literacy in Physical Education





West Orange District Strategic Plan

5-YEAR STRATEGIC PLAN 2017-2021

Goal 3: Holistic Health and Wellness

GOAL STATEMENT: Promote the wellness of students in PreK 12 by recognizing the correlation between their daily experiences and their mental and physical health

1. Created K-12 district In Class Exercise Breaks
2. Monthly Yoga Mini Lessons
3. Workout Wednesdays



Fitness Testing & Data

- Created our own Fitness Testing model ([The West Orange Physical Education Fitness Challenge](#))

- Fitness Testing Events

- Sit Ups
- Push Ups
- Sit N Reach
- Shuttle Run /5-10-5
- Standing Broad Jump
- Pull Ups
- Pacer
- Walk Test

- Use of the Web based [Daily Fit Log](#):

- Designed by PE teachers
- Great tech support
- Supplies us with all our district [fitness data](#) like other departments use to validate their performances





Grant application process twice a year
 Grades 4-9 get money & participate
 Field Trips to MetLife , NYC, & NJ Jets Training Facility
 Meet NFL players & receive signed memorabilia
 Highly recognizable program



Project Adventure 9 Course

Activities

.Cooperative Games

- “Chicken Baseball”

- “Blob Tag”

.Team Building Games

- “Rope Activity”

- “PVC Pipes”

- “Team Skies”



.Building Trust & Communication

- “Blindfold Activity”

- “Trust Fall”

- “Silent Symphony”

Low Elements

- .The Wall

- .Swinging Tires

- .Whale Watch

- .Mohawk Walk



Project Adventure 10 Course

Elements

- . Tower
- . Dangling Ropes
- . Centipede (Vertical Ladder)
- . Giant Ladder
- . Multi-line Transverse
- . Bermuda Bridge
- . Pirates Crossing
- . Zipline

After school club activity open to all 9-12th students



Project
Adventure

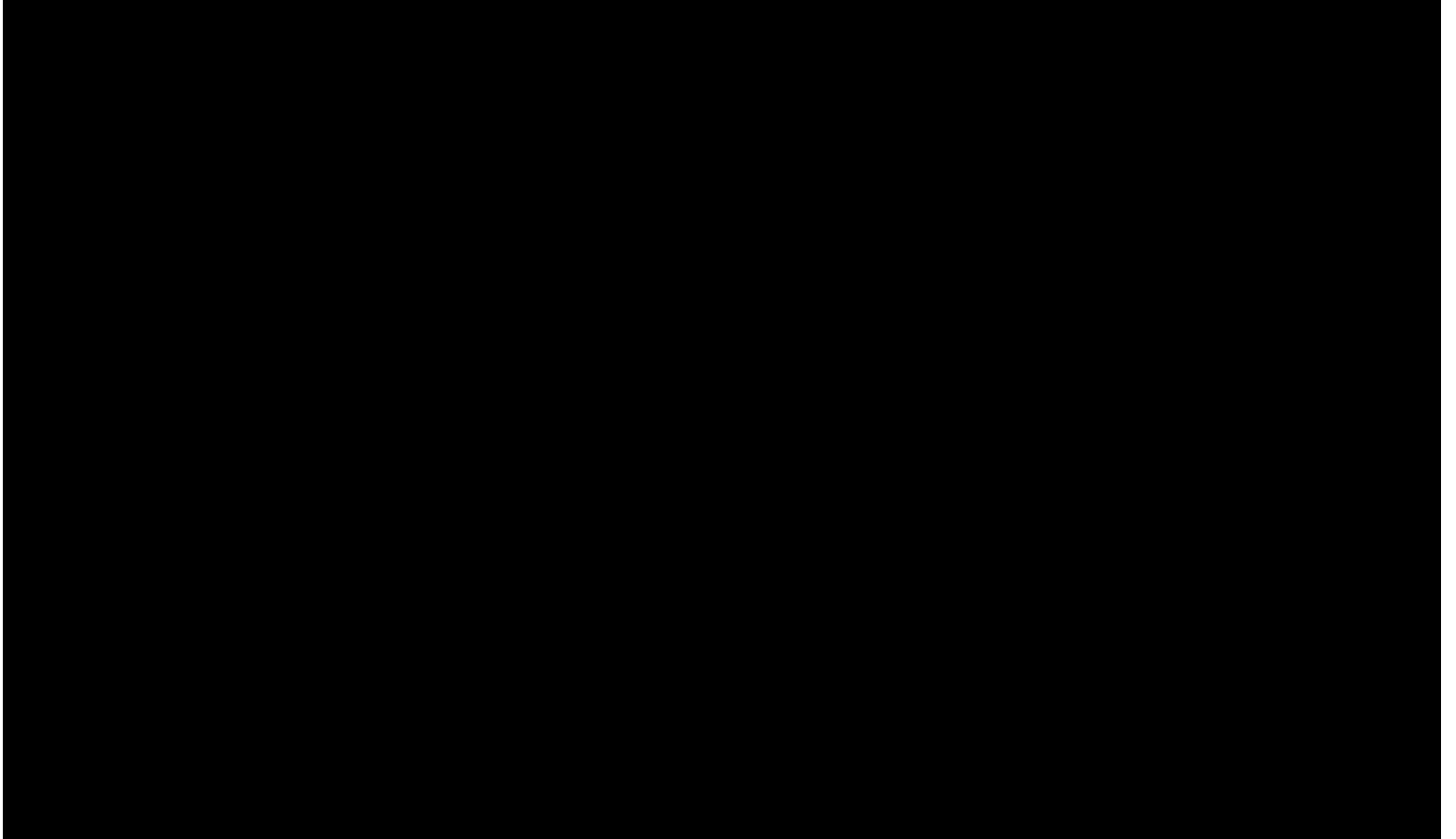


Turkey Trot



- Always the Tuesday before Thanksgiving
- Grades 3, 4 and 5 run the trot in the streets around the school that are closed off by the West Orange Police Department. All students wear a running bib
- Parents serve as course markers and also volunteer to run with the students.
- Gregory staff also run with the students.
- Kindergarten, First and Second Grades cheer the runners on from the sidewalks around the school and then have an opportunity to walk down the closed streets and be cheered by the parent volunteers and upper grades.
- This event is a wonderful way to involve the community and promote fitness.
- Teachers, students and parents paint their faces and spray their hair blue and gold, the colors of our school. This event promotes a positive school climate. Many of the students start to run 5K races after this event because of the positive impact it has on them running in the streets for the first time.

Turkey Trot



Fall Festival Fun Run



- . Kindergarten through Second Grade.
- . Kindergarten runs 100 meters.
- . First and Second grade runs 200 meters.
- . PTA involvement - Apple Cider and volunteers.
- . Parent involvement - Cheering and spectating.

District CPR Certification

Students may earn their American Red Cross First-Aid and CPR certification

Certification is paid for by the district

May obtain discount codes due to public school status

Department members certify district professional staff throughout the year during PD sessions



WEEK OF RESPECT

- During the first full week of October, Redwood School will be celebrating the Week of Respect with a spirit week:
- **Monday:** Show respect for yourself and wear **BLUE** in support of World Stomp Out Bullying Day.
- **Tuesday:** Show respect for others and wear **YELLOW** for the Golden Rule. (Treat others the way we want to be treated)
- **Wednesday:** Show respect for your body and wear **WORKOUT CLOTHES** for Jazzercise!
- **Thursday:** Show respect for your future and wear a **BRIGHT-COLORED** shirt for a bright future.
- **Friday:** Show respect for your school and wear **REDWOOD** shirt or **BLUE** and **GOLD** for school spirit and *Community Building Day!*



Community Building Day

- Principal assigns buddy classes for the year. (K-4, 1-3 and 2-5)

- Monthly whole-school meetings then buddy classes go back to complete an assignment

- Non-competitive (Field Day set-up, getting to know each other, making new friends, older students helping the younger students)



Teen PEP Parent Night



What is Teen PEP (Prevention Education Program)?

Why does it work?

Who benefits?

Why is Parent Night so important?



PE Department Sponsored a Blood Drive



- Great local community relations
- This can be done during your high school PE classes for those who donate
- A single blood donation can help save up to three lives
- Staff & students over 16 can donate



Thank You!



Handouts