



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?



The Power of Social Media On Your Program

facebook.com

West Orange Public Schools, NJ
8 hrs · 🌐

CONGRATS!! The West Orange High School Teen Prevention Education Program (PEP) places Top 5 in the state of the New Jersey in the 2016-2017 Impact Tracking Tool (ITT) Challenge.




17 Likes · 2 Comments

facebook.com

See All >

West Orange Public Schools, NJ
2 hrs · 🌐

out the innovative bulletin board that Middle School Physical Education teacher Kristen Dellaventura designed to promote fitness through the use of apps. Incorporating technology,...



1 Comment



facebook.com

West Orange Public Schools, NJ
1 hr · 🌐

It's Back to School time!! WOHS physical education teachers: Kailee Beal, Tim Blumkin and Dave Joisil gave up their time to come in early to organize the high school physical education closets with this years new equipment.

facebook.com

West Orange Public Schools, NJ
November 25 at 7:55am · 🌐

West Orange Schools Receive Third Fuel Up to Play 60 Grant for over \$14,000. Read more here: <https://goo.gl/euVeF4>

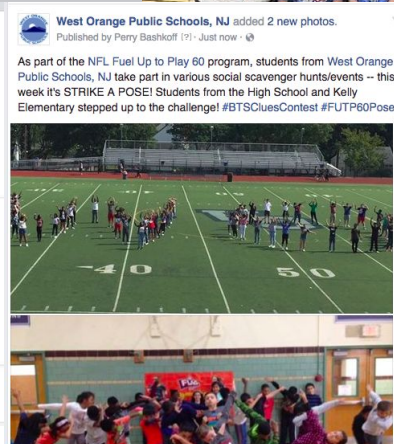
West Orange Public Schools, NJ
1 hr · 🌐

Right on the High School Campus! Check out the Project Adventure Course and Trailblazers After School Program!



youtube.com

8 Likes



46 Likes · 7 Comments

Establishing A Professional Image

Department Posters

Staff Shirts & Jackets

High School Bundle T-shirt & lock

Health and Physical Education Student Learning Standards

Health - related fitness incorporates the five major components of fitness related to improved health:

1. **Cardio-respiratory endurance** is the ability of the blood vessels, heart, and lungs to take in, transport, and utilize oxygen. This is a critically important component of fitness because it impacts other components of fitness and decreases the risk of cardiovascular disease.
2. **Muscular strength** is the maximum amount of force a muscle or muscle group can exert.
3. **Muscular endurance** is the length of time a muscle or muscle group can exert force prior to fatigue.
4. **Flexibility** refers to the range of motion in the joints.
5. **Body composition** shows the amount of fat versus lean mass (bone, muscle, connective tissue, and fluids.)



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

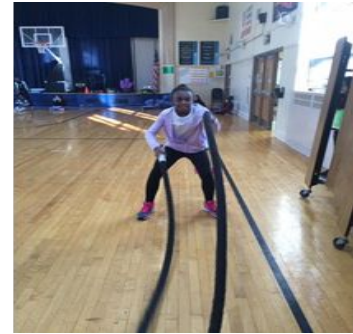


10 Minutes of Fitness - Elementary Level

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 Public Schools
A Great Place to Learn!

Board of Education **Open-Enrollment** For Students For Staff For Parents Technology WOSEPC

Physical/HealthEd

- Home
- Department Videos
- Why PE Log Handouts
- 42 Health/Wellness
- Why PE Log Student Guide
- Grades K-12 Health and Physical Education Curriculum
- Health/Physical Education in the News
- Highlights
- Montessori Phys. Ed. Guide
- WIDE Physical Education Medical Classroom
- Feel Up to Play 50
- Physical Education Health/Outdoor Medical Classroom

Home > Department Videos > Physical/HealthEd

[Return to Headlines](#)

Innovative Literacy Initiative Implemented in Physical Education Classes at Gregory Elementary School

WEST ORANGE, NJ – Students in kindergarten and first grade at Gregory Elementary School enjoyed some very special gym classes during the month of March, thanks to Physical Education teacher Lisa Auman.

Auman wanted to complement the English Language Arts (ELA) activities celebrating Dr. Seuss and Read Across Activities at Gregory School and designed an innovative gym program. Auman read One Fish, Two Fish, Red Fish, Blue Fish to Dr. Seuss to the delight of kindergarten students during their March 22 gym class.


When Auman finished reading, she directed the students in an activity that required coordination, balance, fine motor skills and the ability to follow direction. Students formed lines and had to toss large fishes to each other. When the fish reached the end of the line, a student would take a small plastic fish and bring it to the front of the line along with the fish, and the students would change places.

Kevin Ahlme, Supervisor of Physical Education and Health for K-12, was excited about the program Auman had created.


"Lisa is one of our strongest physical ed teachers," he noted.

"She is always developing clever physical education programs to complement the curriculum, and the students have really enjoyed her Literacy initiative."


See all of the photos from the March 23 kindergarten Dr. Seuss PE Class [here](#).



PE teacher Lisa Auman reads "One Fish, Two Fish, Red Fish, Blue Fish."



Students pass the fishes.





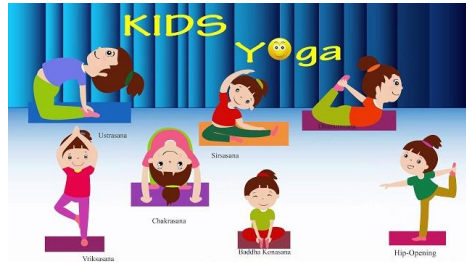
West Orange District Strategic Plan

5-YEAR STRATEGIC PLAN 2017-2021

Goal 3: Holistic Health and Wellness

GOAL STATEMENT: Promote the wellness of students in Pre K 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



Workout Wednesday

Circle two activities/exercises you performed with your family on "Workout Wednesday":

Push-ups



Sit-ups



Dancing/Zumba



Planks



Walking/Yogaing



Other



Fitness Testing

- 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
- Awarded for Personal Best Improvement :
 - Elementary- 4 out of 5 Events
 - Middle School-5 out of 6 Events
 - High School- 5 out of 6 Events

**THE WEST ORANGE PHYSICAL EDUCATION
FITNESS CHALLENGE AWARD**

*In Recognition of Outstanding Physical Achievement and Exceptional Dedication to
Improvement in the Health-Related and Skill-Related Fitness Components.*

Presented To _____ Date _____

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

|

Physical Education Teacher

School Name



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





Jonotthan Harrison #78



Liberty Middle School



jharrison72
Liberty Middle School



229 likes

jharrison72 Another successful day with the @americandairyne crew as we followed up on Liberty Middle Schools progress to creating a healthier school environment. We were fortunate enough to work with a dedicated group of 7th and 8th graders who's efforts are making a huge impact on the youth in their community. Some of their efforts include healthier lunch options, increased health and wellness education, and new physical education



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

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.

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.

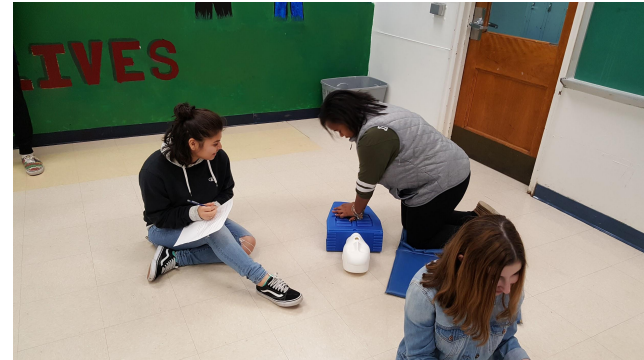
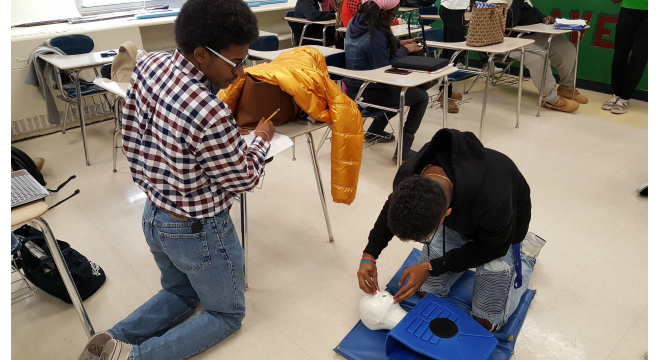
District CPR Certification

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!*



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!

