

**VALLEY STREAM  
DISTRICT 13  
WELLNESS POLICY**

Valley Stream School District Thirteen is committed to providing a school environment that promotes and protects children's health, well being and the ability to learn by supporting healthy eating and physical activity.



**PHYSICAL EDUCATION  
DEPARTMENT EVENTS**

- \* **Jump Rope for Heart** supports our fitness goals and behaviors for good heart health.
- \* **Mileage Club** enhances our belief in the importance of daily exercise, and goal setting through walking at recess.
- \* **Primary Picnic and Field Day** gives students a sense of school spirit while participating in relays and events.
- \* **WHL (Grades 4, 5 and 6)** is an after school program which builds confidence in our students by encouraging teamwork, sportsmanship, and belief in oneself.
- \* **Fantastic Four Program (sponsored by New York Assembly)** encourages sportsmanship and competition as four District 13 schools compete.
- \* **Bicycle Rodeo (Grade 4)** teaches bicycle safety.

**BOARD OF EDUCATION**

Frank Chiachiere, Ph.D., President  
Joan Gartner, Vice President  
Joseph DiSibio  
Sean Douglas, Ph.D.  
Debra Evans  
Jeanne Greco Jacobs  
William P. Stris

**VALLEY STREAM UFSD 13  
ADMINISTRATION**

**Adrienne Robb-Fund, Ed.D.**.....Superintendent of Schools  
**Meredith Brosnan**.....Assistant Superintendent for Business  
**Linda Roth**.....Assistant Superintendent for Curriculum and Instruction  
**Lisa Sells-Asch**.....Assistant Superintendent for Special Services  
**Christine Zerillo, Ed.D.**.....Principal

**WHEELER PHYSICAL  
EDUCATION STAFF**

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**Valley Stream  
UFSD 13**

**Sportsmanship**



**Fitness**



**Well Being**



**Wheeler Avenue  
PHYSICAL  
EDUCATION  
DEPARTMENT**

## PHYSICAL EDUCATION DEPARTMENT

The overall aim of elementary physical education is to provide for the optimal physical, social, emotional and intellectual growth of children in light of their needs and interests.

### NYS PHYSICAL EDUCATION STANDARDS

- Students will have the necessary knowledge and skills to establish and maintain physical fitness. Participate in physical activity and maintain personal health.
- Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
- Students will understand and be able to manage their personal and community resources.

First and Second Grade. Students will gain knowledge, understand and perform:

- Basic loco-motor and non loco-motor skills
- Fitness activities
- Movement education
- Lead up games and strategies using manipulatives
- Rhythm and dance
- Parachute activities
- Circus arts
- Literacy and math activities
- Yoga activities
- Nutrition activities
- Cooperative games and teamwork



## NYS PHYSICAL EDUCATION STANDARDS (cont'd)

Third Grade children will attain knowledge and understanding of:

- Fitness skills
- Effects of exercise on the body
- Concepts of human movement
- Movement education
- Sport specific skills:
  - \* Soccer
  - \* Basketball
  - \* Newcomb
- Rhythm and dance
- Parachute activities
- Circus arts
- Literacy and math activities
- Yoga activities
- Nutrition activities
- Cooperative games and teamwork
- Sportsmanship behaviors
- Importance of safety in applied settings
- Value of physical activity with parents, friends and siblings



## NYS PHYSICAL EDUCATION STANDARDS (cont'd)

Fourth Grade children will obtain knowledge and understanding of:

- Basic components of health related fitness (cardiovascular, muscle strength, endurance and flexibility)
- Constructively working with others to accomplish a variety of goals and tasks
  - Participation in team and individual sports
  - Proper sports terminology and strategies
  - The relationship between physical activity and individual well-being
  - Safe conditions for games, recreation, and outdoor activities

In Fifth Grade children will gain understanding and knowledge of:

- Setting personal physical activity goals and tracking progress toward its achievement
- Practices necessary to insure safe conditions for physical activity
- Participation in major team and individual sports
- Proper sports technology and strategy in games situations
- The ability to apply the decision-making process to physical activity
- Self-assessment skills

In Sixth Grade children will :

- Design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength and endurance
- Attain competency in a variety of physical activities and proficiency in a few select complex motor and sport activities
- Be able to identify safety hazards and react effectively to ensure a safe and positive experience for everyone
- Demonstrate the ability to apply the decision-making process to physical activity
- Participate in major team and individual sports
- Use proper sports terminology and strategy in game situations
- Continue to develop self-assessment skills