

**PHYSICAL
EDUCATION,
HEALTH EDUCATION
AND ATHLETICS**



#GameOnRVC

**SUCCESSFUL STUDENTS
DEMONSTRATE COMPETENCY,
COLLABORATION, AND
CITIZENSHIP**





PHYSICAL EDUCATION

Where every day is a
chance to improve!



In physical education, we help teach our students healthy habits and reinforce the positive relationship between physical activity and academics. PE provides concrete instruction on how to improve physical health through a variety of activities.

16 PE TEACHERS

**SERVICING OVER
3,300 STUDENTS**

**3 TIMES A CYCLE
FOR 120
MINUTES**

All curriculum is based on the
NYS Physical Education Learning Standards

NYS Physical Education Learning Standards

Standard 1:

Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2:

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3:

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4:

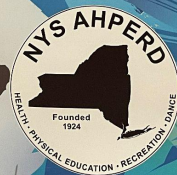
Exhibits responsible personal and social behavior that respects self and others.

Standard 5:

Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

Standard 6:

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.



K - 5 PE INSTRUCTIONAL SEQUENCE



PHYSICAL EDUCATION



K-3: THE INSTRUCTIONAL FOUNDATION FOR ALL FUTURE LEARNING.

Spatial Concepts, Safety, Psychomotor Inventory, Locomotor Skills/Directionality

Cooperative Games, Team Building

Tumbling, Ropes, FitnessGram Concepts

Circus Arts, Dance Pads, Invasion Concepts

Ball Skills, Frisbee Skills

Life-Long Activities & Field Day Concepts

4-5: REVIEW OF ALL CONCEPTS TAUGHT IN K-3 IN ADDITION TO THE INTRODUCTION OF: Yoga, Football, Soccer, Basketball, Frisbee Golf, Lacrosse, Floor Hockey and Volleyball Concepts.

MIDDLE SCHOOL PE INSTRUCTIONAL SEQUENCE

REVIEW AND PRACTICE OF SKILLS AND CONCEPTS LEARNED AT THE ELEMENTARY LEVEL AND ADVANCE INTO GAME-LIKE SETTINGS WITH AN ADDITIONAL FOCUS ON PERSONAL FITNESS UNDERSTANDING.



Soccer

European Team Handball

Fitness Testing

Cooperative Games

Physical Fitness

Outdoor Leisure Activities

Football

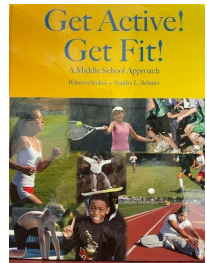
Volleyball

Yoga

Basketball

Softball

LESSONS INFUSED WITH GET ACTIVE! GET FIT! COMPONENTS THROUGHOUT THE MS INSTRUCTIONAL SEQUENCE WHERE/WHEN APPROPRIATE.



HIGH SCHOOL PE INSTRUCTIONAL SEQUENCE

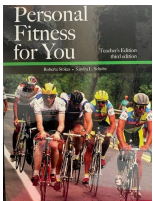
REVIEW AND PRACTICE OF SKILLS AND CONCEPTS LEARNED AT MS LEVEL...ADVANCING TO AUTHENTIC GAME AND TOURNAMENT SETTINGS WITH A FOCUS ON SELF-PRESCRIPTION FOR EXERCISE.

QUARTER 1: Hands Only CPR, Project Adventure, Archery, Personal Fitness, Yoga, Pilates, Flag Football, Soccer, European Team Handball

QUARTER 2: Basketball, Floor Hockey, Personal Fitness, Volleyball, Self Defense

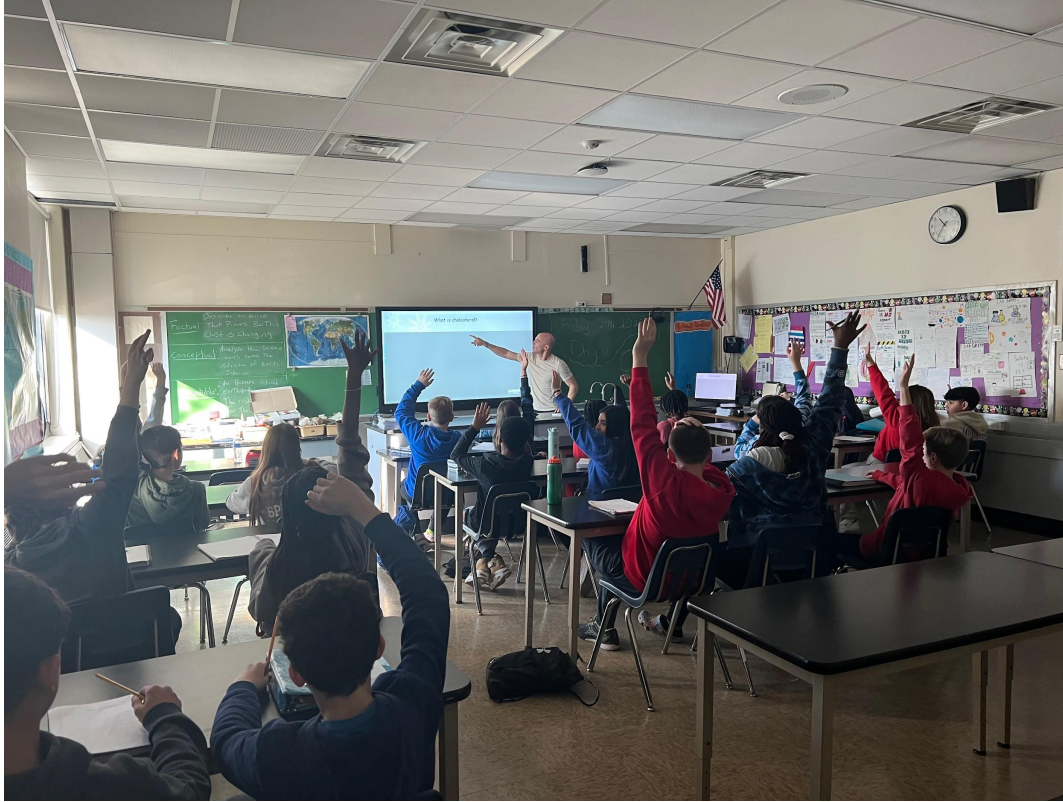
QUARTER 3: Fitness Testing, Badminton, Personal Fitness, Pickleball

QUARTER 4: Project Adventure, Softball, Pilates, Outdoor Leisure Sports



LESSONS INFUSED WITH PERSONAL FITNESS FOR YOU COMPONENTS THROUGHOUT THE HS INSTRUCTIONAL SEQUENCE WHERE/WHEN APPROPRIATE.



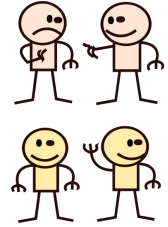


HEALTH EDUCATION

Where the focus is on educating the whole child; making the connection between physical health, mental well being, and academic performance.

Lessons emphasize the habits we wish our students to cultivate over the course of their lifetime.

HEALTH EDUCATION



The comprehensive skills-based curriculum is aligned with the NYS Health Education Standards and Guidance Document.

Programs: 5th Grade Maturation and 7th, 10th and 12th Grade Health Education Classes.

HEALTH EDUCATION CLASSES AT THE MS & HS FOCUS ON THE 7 PERSONAL AND HEALTH RELATED SKILLS:

SELF MANAGEMENT SKILLS: Personal application of stress management, communication, decision making and goal setting

RELATIONSHIP MANAGEMENT SKILLS: Evaluate personal behavior to enhance daily and personal relationships

STRESS MANAGEMENT SKILLS: Managing positive and negative behaviors

COMMUNICATION SKILLS: Listening, understanding and expressing oneself

DECISION MAKING SKILLS: Process leading to making well thought out and well informed choices

PLANNING AND GOAL MAKING SKILLS: Develop short and long-term goals through a process

ADVOCACY SKILLS: An outgrowth of the culmination of skills for the student, a cause or someone else



FUNCTIONAL KNOWLEDGE UNITS: Nutrition, Fitness, Human Sexuality, Mental Health, Alcohol and other Drugs, Tobacco/Vaping

ATHLETICS

Which offers the development of specific physical skills, team skills, and focuses on a collaborative goal while allowing the student-athlete the opportunity to pursue a goal that is meaningful to him or her.

Sports provide another opportunity for our students to improve every day at something they love to do!



RVC ATHLETICS

Offers 56 Varsity, JV & MS teams

Employs 120 Coaches

Has on average over 650 participating Middle School Athletes over four seasons

And over 990 participating High School Athletes over three seasons

Covering over 1,100 Interscholastic Athletic Events per year





ATHLETIC OFFERINGS

MIDDLE SCHOOL: WE OFFER 20 TEAMS

HIGH SCHOOL: WE OFFER 36 JV & V TEAMS

Baseball

Cheerleading (F & W)

Football

Gymnastics

Soccer (B & G)

Tennis (B & G)

Volleyball (B & G)

Basketball (B & G)

Cross Country (B & G)

Golf (B & G)

Lacrosse (B & G)

Swimming (B & G)

Track & Field (W & S)

Wrestling



Baseball

Basketball (B & G)

Cross Country (B & G)

Football

Lacrosse (B & G)

Soccer (B & G)

Tennis (B & G)

Spring Track & Field (B & G)

Volleyball (G)

Wrestling

COACHING QUALIFICATIONS



COACHES WHO ARE NYS CERTIFIED TEACHERS: Hold current certifications in First Aid For Coaches, CPR/AED, Concussion Management, and have completed all coaching coursework required by NYS within the required timeframe.

NON-TEACHER COACHES: In addition to the requirements listed above, all coaches who are not NYS certified teachers have completed: Fingerprinting Clearance, Child Abuse Certification, School Violence Certification and DASA Certification.

RECORD KEEPING: All records for valid and current certifications are monitored on an on-going basis throughout the year and verified before each season.

STUDENT SAFETY-IMPACT PROGRAM

South Side Athletics was among the first schools in New York State to implement the program.

All 7th through 12th grade student-athletes participating in the sports of Baseball, Basketball, Cheerleading, Diving, Football, Gymnastics, Lacrosse, Soccer, Softball, Volleyball and Wrestling are required to have a current baseline brain function test before beginning their season.

Impact testing is a 20-30 minute computer-based test, is valid for 2 years and offers a pre-injury baseline measurement for each athlete.

Impact testing measures reaction time, short term memory, word recognition as well as shape recognition.

If a head injury occurs during the season, the Impact test would be readministered post injury and the two tests would be compared by a physician and used as an additional measure to assess brain function and recovery.



EQUIPMENT SAFETY

All SS athletes are “properly equipped” and meet all safety requirements as set by Section VIII, NYSPHSAA and NFHS Standards for athletic participation in each specific sport. Referees/Umpires check athletes for required safety equipment (cups, shin guards, sticks, bats, helmets, mouth pieces, chest protectors, NOSCAE certified balls, etc.) before each game.

All teams travel to practices and games with a stocked Med Kit and certified AED’S.



All Varsity, JV & MS football games have an on-site EMT at every home game, in addition to the Athletic Trainer at the Varsity and JV level.

All gymnastics equipment, lacrosse/football helmets and shoulder pads, baseball/softball batter’s helmets and pitcher’s equipment as well as all athletic AED’s are inspected and recertified each year.

Protective padding is put on fences, goal posts and volleyball nets to prevent injury.

All safety protocols are reviewed during the pre-season coaches meeting and acknowledged in writing by each coach.

ADDITIONAL SAFETY PROCEDURES

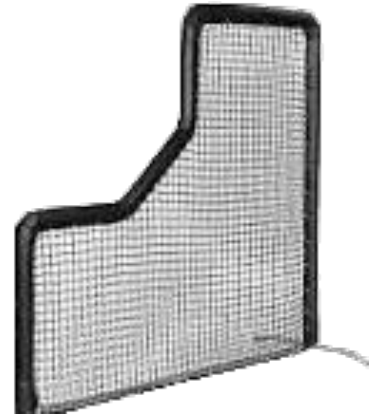
An additional layer of safety for Baseball/Softball Batting Cage netting and L-Screens has been added which requires our coaches to conduct a pre-use safety assessment for any day these nets are in use.

After inspection, coaches will sign off on the Indoor Batting Cage Netting and L-Screen Assessment Sign-Off Form that is hung in the auxiliary gym. The portable L-Screen Sign-off log will be carried in the med-kits that are taken to the field each day.

All coaches and athletes are required to wear batting helmets at all times while inside the batting cage in the aux gym.

SPRING 23 BASEBALL/SOFTBALL DAILY NETTING/L-SCREEN ASSESSMENT SIGN-OFF FORM

DATE	COACH	DESCRIPTION OF SCREEN	GOOD CONDITION SIGNATURE	NEEDS REPAIRS NOT USED



FIELD/COURT SAFETY



RVC School Fields and Courts are maintained by our District Grounds Crew and fully prepped before the season and before each game. Goals and nets are properly placed, monitored regularly for safety and replaced or repaired when needed.

Town fields are prepped and maintained on a daily basis by town personnel.

BALANCING ACADEMICS WITH ATHLETICS



Our student-athletes learn commitment, time-management, self-sacrifice, hard-work, discipline and the importance of striving for self-directed improvement in their chosen sport.

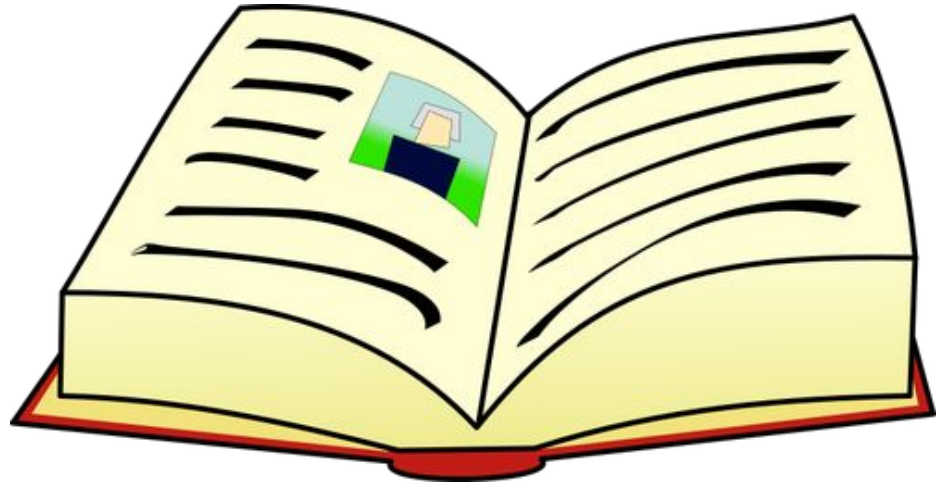
SCHOLAR-ATHLETE TEAMS

TEAM SCHOLAR-ATHLETE RECOGNITION: To receive Scholar-Athlete Team Recognition, at least 75% of a team's roster must have a GPA of 90% or over.

SCHOOL OF EXCELLENCE: 75% of all varsity teams have earned Scholar-Athlete Status.

SCHOOL OF DISTINCTION: 100% of all varsity teams have earned Scholar-Athlete status.

**SOUTH SIDE HIGH SCHOOL HAS
BEEN A SCHOOL OF DISTINCTION
OR A SCHOOL OF EXCELLENCE
SINCE BEING ENROLLED IN 2017**



ATHLETES HELPING ATHLETES



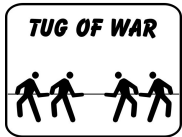
HS Student-Athletes are selected based on an application process and trained to deliver 3 messages to the 5th graders from all buildings.

VISIT #1: Introduction and story on how sports taught them the value of hard work, not giving up, setting goals, ETC.

VISIT #2: Sportsmanship/Citizenship/Ethical Behavior.

VISIT #3: Choosing athletics, art, music, clubs over destructive behavior.

FIELD DAY...gives all 5th graders an opportunity to play together before going into the Middle School.





ATHLETIC SUCCESS

Every year, South Side athletic teams participate in League, Conference, Division, Class, County, Long Island and State competitions. The 2021-22 seasons alone resulted in: 76 All-County, 18 All-County Honorable Mention, 76 All-Conference, 43 All-Division, 1 All-Class and 1 All-League honor

AS WELL AS...

1 All-American, 2 All-American Honorable Mention and Academic All-American

6 All-State, 1 All-State Honorable Mention, 19 State Qualifiers and 3 All-Long Island

IN ADDITION TO...

1 State Runner Up, 1 State Qualifying, 1 County, 2 Division and 5 Conference Championship Teams

8 County, 23 Division and 6 Individual Conference Champions

3 Conference Coaches of the Year

PLUS 26 SCHOLAR-ATHLETE TEAMS

2



STUDENT-ATHLETE RECRUITMENT



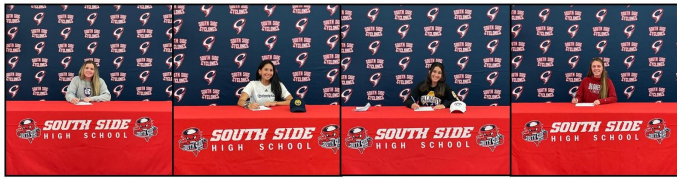
Many South Side student-athletes continue their athletic endeavors at the DI, DII and DIII collegiate levels:



Last year the Cyclones had 21 athletes recruited in the sports of:



CONGRATULATIONS TO ALL OF THE SOUTH SIDE HIGH SCHOOL STUDENT-ATHLETES WHO HAVE COMMITTED TO PLAYING THEIR SPORT AT THE DIVISION 1 LEVEL

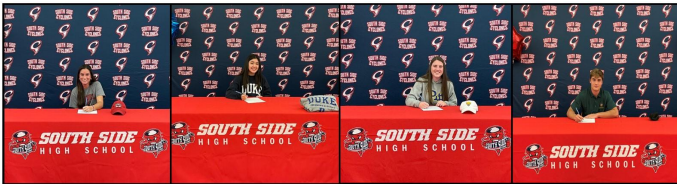


Mackenzie Creagh, College of the Holy Cross
Division 1 Girls Lacrosse

Mia Delmond, Quinnipiac University
Division 1 Girls Lacrosse

Clara Giannone, SUNY Albany
Division 1 Girls Lacrosse

Emma Hospodka, Duquesne University
Division 1 Girls Soccer



Emily Iacobellis, Cornell University
Division 1 Girls Lacrosse

Klara Kennedy, Duke University
Division 1 Girls Swimming

Maggie Long, University of Pittsburgh
Division 1 Girls Lacrosse

Brady West, Loyola University
Division 1 Boys Lacrosse

- **GIRLS LACROSSE** at the College of the Holy Cross-D1, Quinnipiac University-D1, SUNY Albany-D1, Cornell University-D1, University of Pittsburgh-D1 and Emerson College-D3
- **BOYS LACROSSE** at Catholic University-D3, Marist College-D1, University of Tampa-D2, Muhlenberg College-D3, Loyola University-D1
- **BASEBALL** at Binghamton University-D1
- **GIRLS SOCCER** at Duquesne University-D1
- **GIRLS SWIMMING** at Duke University-D1, Rollins College-D2
- **GIRLS BASKETBALL** at Manhattanville College-D3
- **BOYS CROSS COUNTRY & T & F** at the University of Scranton-D3
- **FOOTBALL** at Utica College-D3
- **SOFTBALL** at Mount Saint Mary College-D3
- **GIRLS VOLLEYBALL** at the University of Scranton-D3
- **WRESTLING** at Case Western University-D3



THANK YOU!!!



...and
LET'S GOOOO CYCLONES!!!
#GameOnRVC