

HEALTH & PHYSICAL EDUCATION

Who Teaches Where?

Nutley High School

- Ms. Powell
- Mrs. Larcara
- Mrs. Citarella
- Ms. Torrito
- Mr. Puzio
- Mr. Mitschow
- Mr. Noonan
- Mr. Francello

John H. Walker Middle School

- Ms. Zullo
- Mr. Chern
- Mr. Alessio
- Ms. Mustardo

Elementary Schools

- Yantacaw - Mrs. Dow
- Lincoln - Mr. Gargiulo
- Spring Garden - Mr. Grant
- Washington - Mrs. Moscaritola
- Radcliffe - Mr. Aramando

Whats New in P.E?

Project Adventure Curriculum

This summer all PE teachers went through Project Adventure training. Project Adventure is an adventure-style curriculum designated to promote physical activity, building trust, relationships, community, communication, self awareness, self management, social awareness, and decision making.



Students participating in the human knot, which is a cooperative game from project adventure.

Objective: Students are to use teamwork,

communication, and collaboration to untangle their arms without letting go.

“Fear is the greater limit”

“Trust is built by many activities and lost by one”

“Trust is a gift that must be earned”

- Project Adventure Quotes

Dress for Success!

In order to succeed in physical education your child must dress the part! Wearing the proper attire for PE enables maximum participation and allows the gym to be a safe environment for all children.

Elementary

You can support your child's success by making sure they arrive fully prepared to participate in physical education. Wearing sneakers ensures your child's safety and allows for participation and success. Sneakers should be secured with a lace, buckle, etc. (no Crocs, flip flops, sandals, or slip-ons) clothing worn should allow for freedom of movement and comfortable in the PE setting.

J.H.W.M.S & N.H.S

Middle and High School students are all to change in the locker room before and after class. Students must be prepared everyday for class. Preparation includes appropriate and clean athletic attire as well as secure sneakers. Students must change out of school clothes. No jewelry, gum/candy, or hats are allowed.

FitnessGram

FitnessGram is used to assess different areas of health-related fitness through a variety of tests. Scores are evaluated using the Healthy Fitness Zone standards. The standards allow students to set a fitness goal for health reasons rather than just based on a score. Student data is entered into the FitnessGram software and creates a student report as well as a parent report. This report recommends physical activity options to help students achieve their goal by making it to the Healthy Fitness Zone in areas they need to improve.

Fitnessgram Assessments

*** Ask your child to teach you how to perform these assessments! You can practice together and see if you are fitter than a fifth grader!**

- P.A.C.E.R
- Push-Up
- Curl-Up
- Back-Saver Sit & Reach
- Shoulder Stretch
- Trunk Lift
- B.M.I

Are you fitter than a fifth grader?

Activity	Age	Females	Males
Curl-Ups	10-11	7-15	7-20
	17+	18-35	24-47
Push-Ups	10-11	7-15	7-20
	17+	7-15	18-35
P.A.C.E.R	10-11	7-41	23-72
	17+	41-72	72-100