

# Welcome to our Memorial Elementary School Physical Education Website Page



## Introducing the Coaches:



**Coach Boscarino-** Hi. I have been teaching in East Hampton for 26 years and have coached the Boys High School Soccer team for 23 years. Greg and I also run the All/Sports Camp for East Hampton Parks and Recreation. I have 3 children who have all gone through the East Hampton School System and am very proud of the town and schools.

**Coach Ruel-** Hi everybody! I did my undergraduate work at Southern CT State University and my graduate work at California State University, Long Beach. I have taught in California and Hawaii, and for the last close to 30 years, here in East Hampton. I have coached many sports, at the Middle School, High School, and town/club levels, both here in East Hampton and in other towns and school districts. I also do summer sports camps for various Park and Recreation Departments, both here (the All Sports Camp with Bob) and in other towns. Little known fact: I started the East Hampton Soccer Club in the late 1980s!



**Mission Statement-** Our goal is to promote a positive learning environment that meets the needs and abilities of the students and encourages them to maintain a physically active lifestyle. Students will be provided with the skills necessary to make decisions about physical activity for their own health, enjoyment, challenge, self-expression and social interaction.



**PE Prepared-** Students should wear comfortable clothes (including warm clothes in October and April, when we try to go outside as often as we can) and sneakers. A lot of the children like to wear shorts (even in the winter, including us!) and clothes with their favorite sports teams, if they have them. We do have a sneaker box in case someone forgets their sneakers for that day. Besides a good attitude, this should do it!



**Monthly Fitness Calendar-** We have monthly fitness calendars, outside the gym, that all children in grades 1-3 may take, fill out daily, and turn back in to us for a free, extra gym class! It is a very popular program, as you can imagine, so hopefully your child has participated this year, and if not, there's no time like the present!



**Chess Club-** The week after Thanksgiving vacation, we will be starting our Chess Club for grades 2-3, with grade 1 starting up in the winter. We show the children how to play, set up fun tournaments and work our way towards very advanced chess tactics for those children who want to move on. We keep the program fun and relaxed.



**Fitness Lab-** We have tried very hard over the past several years to build up a very nice, safe, and fun fitness lab (similar to something you might see at a fitness club, but not as modern!) through generous family donations. Grades 2-3 utilize any equipment that they can safely use as part of all our PE classes and extra gym time. If you happen to have any fitness equipment you would like to donate to our fitness lab, please contact us, we even pick up! We have everything from treadmills to stationary bikes to weight lifting machines (we only allow the children to use light weight limits and gear our weight training program more towards power than strength), and much, much more!



**Extra Gym Time-** Each year we work with the teachers, to support their efforts in the classrooms, and offer, at their discretion, using their individual criteria, extra gym time for any child who they feel would benefit from this added incentive.



**3<sup>rd</sup> Grade Peer Models**- Each year, on a rotating basis, we allow Grade 3 students to come to the gym during their free/earned time, to help model and work with our Kindergarten students. We try to work in all the children who would like to be part of this program and who have demonstrated exemplary attitude and effort in their own PE classes.



**2016 Fun Days**- Every June we have our traditional Fun Days (very similar to Field Days, but we take a more relaxed slant on things!) the last full week of school, as noted on the original school calendar (before any snow days, etc.). Towards the middle of May we will send home a flyer and sign-up sheet so that any available parent/family member who would like to volunteer to help out, can. Fun Days (which are all day!) are always a great time for the children, and with our family and friends helping out, it is an extra special day for everyone involved! This year we will be having Fun Days as follows:

Kindergarten- Monday, June 6<sup>th</sup>

Grade 1- Tuesday, June 7<sup>th</sup>

Grade 2- Wednesday, June 8<sup>th</sup>

Grade 3- Thursday, June 9<sup>th</sup>

\*Friday, June 10<sup>th</sup> is our make-up day (We do everything we can to not have to use this make-up day!)



**Activities/Units**— Please be sure to check out the Cheetah Pride Press on the school web page for posts about our PE units and any important up-to-date notes.



## **National PE Standards**

***Standard 1*** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

***Standard 2*** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

***Standard 3*** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

***Standard 4*** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

***Standard 5*** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and or social interaction.

