

North Shore Athletics, Physical Education, Health and Intramurals



Athletics, Health and PE - Why Statement

Athletics, Health Education and Physical Education in the North Shore Schools prioritizes student wellness to instill the passion to increase lifelong wellbeing, collaboration, personal growth and commitment, and positive choices, and provides opportunities for exploration while practicing a growth mindset to be one's best self.

Athletics 2021-2022



North Shore By the Numbers 2021-2022

North Shore High School

Total Roster Spots: Female: 349/Male: 402

- Fall: Female: 166/Male: 126
- Winter: Female 76/Male 128
- Spring: Female 107/Male 148

Total Student Athletes: 493 (63%)

- 3 Sport Athlete: 100
- 2 Sport Athlete: 176
- 1 Sport Athlete: 217

Teams

- Varsity: 29
- Junior Varsity: 22
- Total: 51

North Shore Middle School

Total Roster Spots: Female: 291/Male: 341

Teams

- Combined 7th/8th Grade: 7
- 8th Grade: 10
- 7th Grade: 10
- Total: 27

12 Months of Success

Long Island Champions

- Football 2021

Nassau County Champions

- Men's Cross Country 2022
- Women's Cross Country 2022
- Football 2021, 2022
- Women's Track and Field 2022
- Men's Track and Field 2022

Nassau County Runner -UP

- Volleyball- 2022
- Women's Cross Country 2021

Nassau County Semi - Finalist

- Wrestling 2021-22
- Men's Tennis 2022
- Women's Tennis 2021
- Women's Lacrosse 2022



12 Months of Success (Continued)

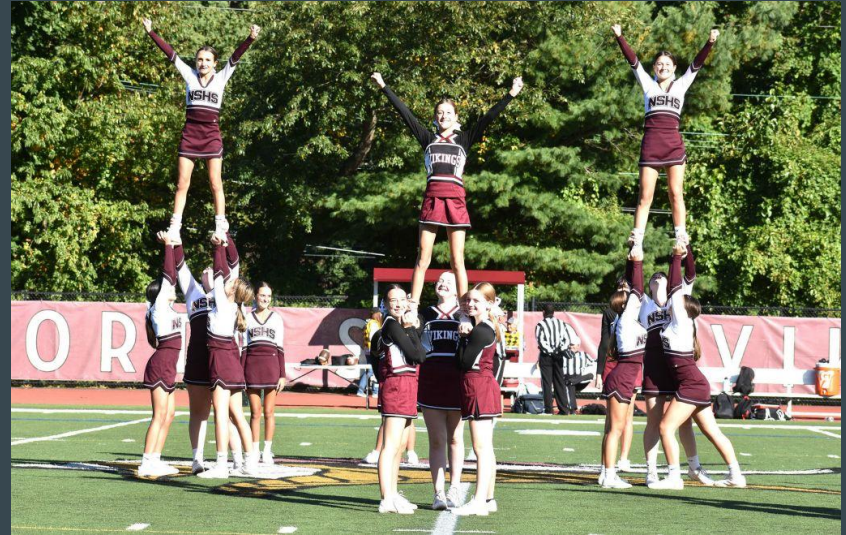
Conference Champions

- Mens Soccer 2021
- Men's Basketball 2021-22
- Women's Basketball 2021-22
- Women's Winter Track 2021-22
- Men's Winter Track 2021 -22
- Wrestling 2021-22

NYSPHSAA Scholar Athlete School of Excellence



Cheerleading Competed in the Nassau County Championships, qualified for the Nationals in Orlando, Florida



Athletes and Service

Elementary Clinics - Soccer, Field
Hockey, Football, Cheerleading

Varsity Walks- high school athletes visit their
elementary schools

Football Players reading to students at the local
Library

Student Athletic Advisory



Homecoming! A Full Day of Fun!

- A “fun run” where our elementary students have the opportunity to compete in a small running race to receive their own medal!
- A football, cheerleading, soccer and field hockey clinics- our HS teams run a clinic for our youngest learners.
- Cheerleading & Pulse (dance) performance
- Football game
- Concession Stand- BBQ run by the NS Athletics Booster Club
- ALUMNI Shout-Out - Invited all alumni to attend and be recognized at half-time.
- Alumni Hall of Fame



JOIN US!
Events
Friday
10/7, Vikings
Night Games
Saturday
10/8
K-12 Sport
Clinics
10 am - Noon
Carnival
K-12 Students
10 AM - 1 PM
Pre-Game
FanFest, 1 PM
Vikings
Football vs.
Clarke, 2 PM
Halftime
Alumni & Hall of
Fame Photos
Hall of Fame
Ceremony
5 PM

 North Shore Schools
Exciting Your Dream

HOMECOMING FAN FEST

Saturday, October 8

ALL STUDENTS, PARENTS, RESIDENTS,
FACULTY AND ALUMNI ARE INVITED





Pep Rally

High School Pep Rally

- Students participate in a theme week leading up to Homecoming
- Pep Rally on Friday during the school day- including all athletic teams, the band, a DJ and full student centered

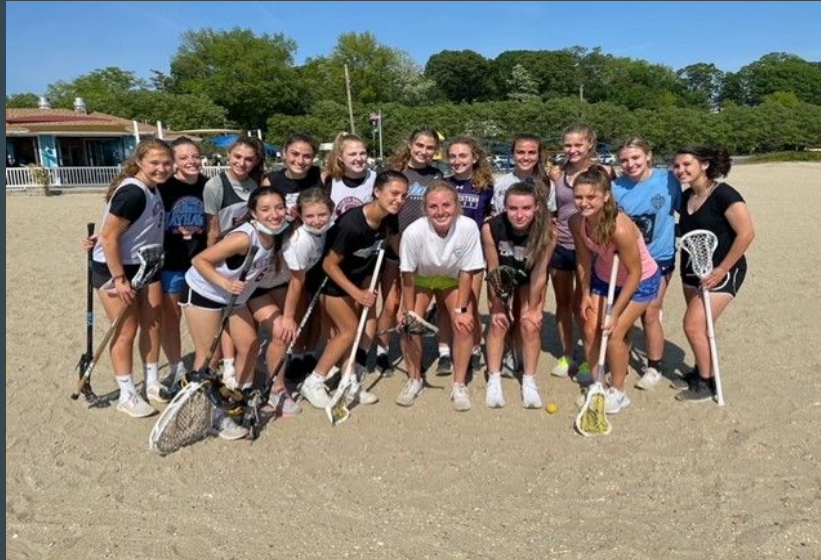
Middle School Pep Rally

- Theme week leading up to Homecoming
- Various activities to include the entire student body



Additional Motivation Throughout Our Seasons...

- Theme Practices
- Pasta Parties
- Youth Clinics
- MS Clinics
- Various Team Bonding Experiences (i.e. beach practices, project adventure, etc.)
- Team Trips
- Senior Day



Individual Student Recognition!

- All American Student-Athletes
- All State Student-Athletes
- All Long Island Student - Athletes
- All County Student-Athletes
- All Conference Student-Athletes
- All Division
- Newsday Top 100 Selections/Sport
- News 12 Scholar Athletes
- Athlete Spotlight
- Various Scholarship Winners
- Over 200 NY State Scholar Athletes



National Letter of Intent Signing: College-Bound Student Athletes

- Recognize student-athletes twice a year who are playing at the next level.
 - Fall
 - Spring
- All D1, DII & DIII student-athletes and their families are celebrated.



Extracurricular Opportunities Related to PE & Health



Intramurals

- Offered at all 3 elementary schools
 - Glen Head, Glenwood Landing, Sea Cliff
 - K-5 Opportunities
 - K-2 and 3-5
 - Running and Fitness Clubs
 - Before and After School
 - Grade 6
 - Open Gym
 - Bowling
 - Seasonal
 - High School
 - Sport Workouts Must Be Open to Everyone
- Provides student choice and voice
- Various fitness and sport offerings



Sports Night=A Battle of the Classes

- 9th-12th graders collaborate to create a dance/floor routine, decorations, participate in various fitness relays & activities.
- Sportsmanship is encouraged for extra points.
- Points are tallied by judges and grades are awarded 1st-4th place
- In order to continue this tradition post pandemic, we transitioned the event outdoors.



High School Weight Room Opportunities

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time	3:30 pm- 5:30 pm	3:30 pm- 5:00 pm	5 3:30 pm- 5:00 pm	3:30 pm- 5:00 pm	3:30pm- 5:00pm Females Only

Open to all students in the High School. All students may attend.



Guest Presentations

- *Motivational Speaker: Rohan Murphy*
- Sponsored by the NS Athletic Booster Club
 - Presented at the end of the summer to all our Athletic Teams and Coaches
- An uplifting, motivating message about resilience and perseverance.
- An athlete who persevered through losing his legs and getting through life as an impressive Wrestler!



We have lots of school spirit! Our fans are our biggest supporters!



Public Relations:

- Social Media: To reach the student population and community at large.
 - Reach greater amount of people in a shorter period of time.
 - Featured highlights, team accomplishments, individual accomplishments and broadcasting information.

North Shore Sports Network - Live stream through Local Live all games and activities on stadium field and high school gym.

Instagram: nsathletics

Instagram Live Accounts (for livestreaming when spectators were not permitted to attend): nsathleticslivestream1, nsathleticslivestream2

Twitter: @NSVikingsports

Local Papers: Herald & Gold Coast Gazette

Letter of Intent Signing Days

Athletics Webpage: <https://sites.google.com/northshoreschools.org/athletics>

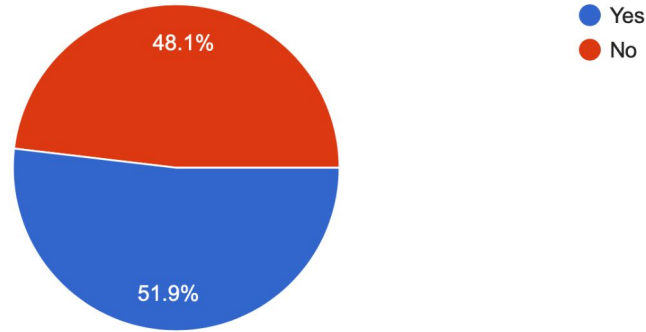


Student Engagement ~ Athletics

If you are in seventh grade or higher, do you participate in one or more athletic teams here at North Shore?

If you are in seventh grade or higher, do you participate in one or more after school athletics teams here at North Shore?

748 responses



Benefits of Participation in Athletics

- Skill development
- Staying in shape
- Teamwork, collaboration skills, and perseverance
- Friendships
- Learning new sports
- Fun
- Developing resume for college



Health and Physical Education 2021-2022



Elementary Physical Education

Course Emphasis:

- Movement Concept
- Fitness, Agility, Endurance and Flexibility
- Manipulation
- Visual Tracking
- Object Manipulation
- Modified Game Play

Performs a variety of motor skills and movement patterns
Has knowledge of concepts and principles related to movement and performance
Has the knowledge to achieve and maintain a healthy level of physical activity and fitness
Understands the values and benefits from involvement in various types of physical activities

Expectations of Academic Performance during the Marking Period				
4	3	2	1	/
Exceeding	Meeting	Approaching	Area of Concern	Standard not addressed and/or assessed at this time

Middle School and High School Physical Education



Course Emphasis

- Fitness and Physical Activity
- Games and Sports
- Individual Activities
- Dance
- Yoga
- Cooperative Games

Middle School PE Electives

Honors PE

Weight Training

Insane Fitness

Yoga

Project Adventure

Dance

High School PE Electives

Freshman Personal Fitness and Activity

Sport Education

Individual/Lifetime Fitness

Wellness For Life

Advanced Applied Personal Fitness

Conditioning for Dance

Elementary Health Education

Course Emphasis

Personal Health and Safety

Social Emotional Learning/Bullying

Communication

Goal Setting and Decision Making

Physical Activity and Nutrition

Stress Management

Substance Use/ Medication

Influences of Family,Peers,Culture and Technology



Middle School Health Education



Course Emphasis

Character Education and Personal Health

Puberty and Adolescent Development

Social Health and Conflict Resolution

Nutrition

Substance Abuse Prevention

Media Literacy and Internet Safety

Personal Health, Fitness and Wellness

Human Sexuality

Substance Abuse and Prevention

Communication and Interpersonal Skills

High School Health Education

Course Emphasis

Interpersonal Communication

Social Emotional Learning

Health and Wellness

Health Promotion and Prevention

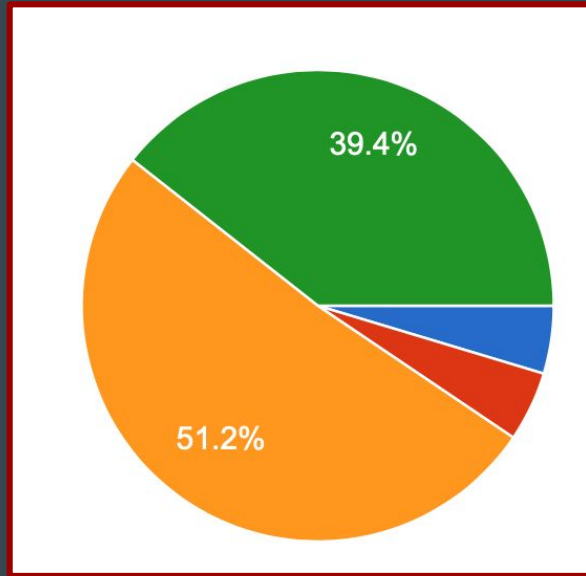
Substance Abuse Prevention

Relationship Management

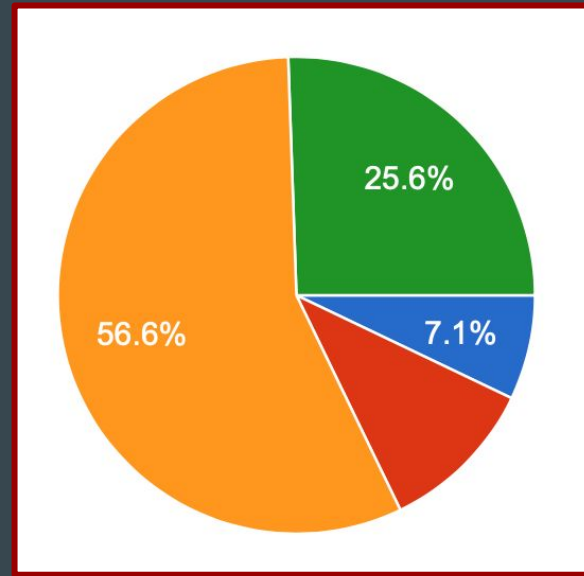


Student Engagement ~ Physical Education and Health

In general, I am engaged during class.



Physical Education

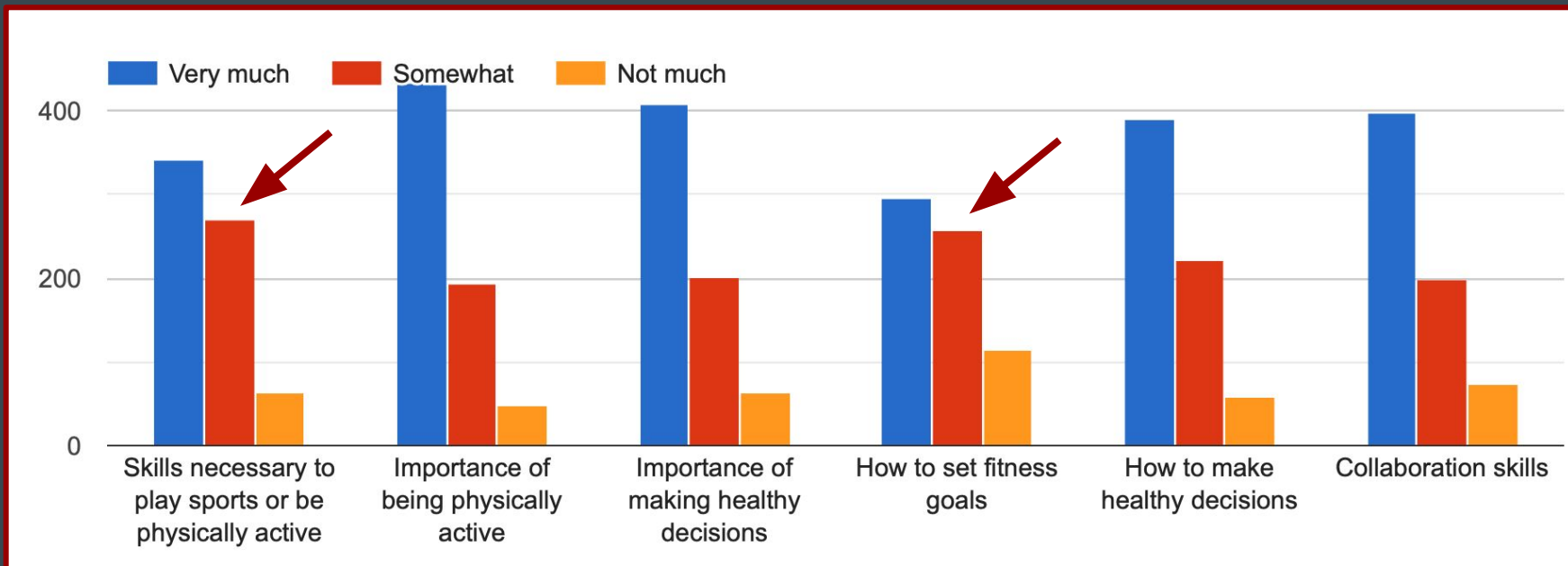


Health

- Strongly disagree
- Disagree
- Agree
- Strongly agree

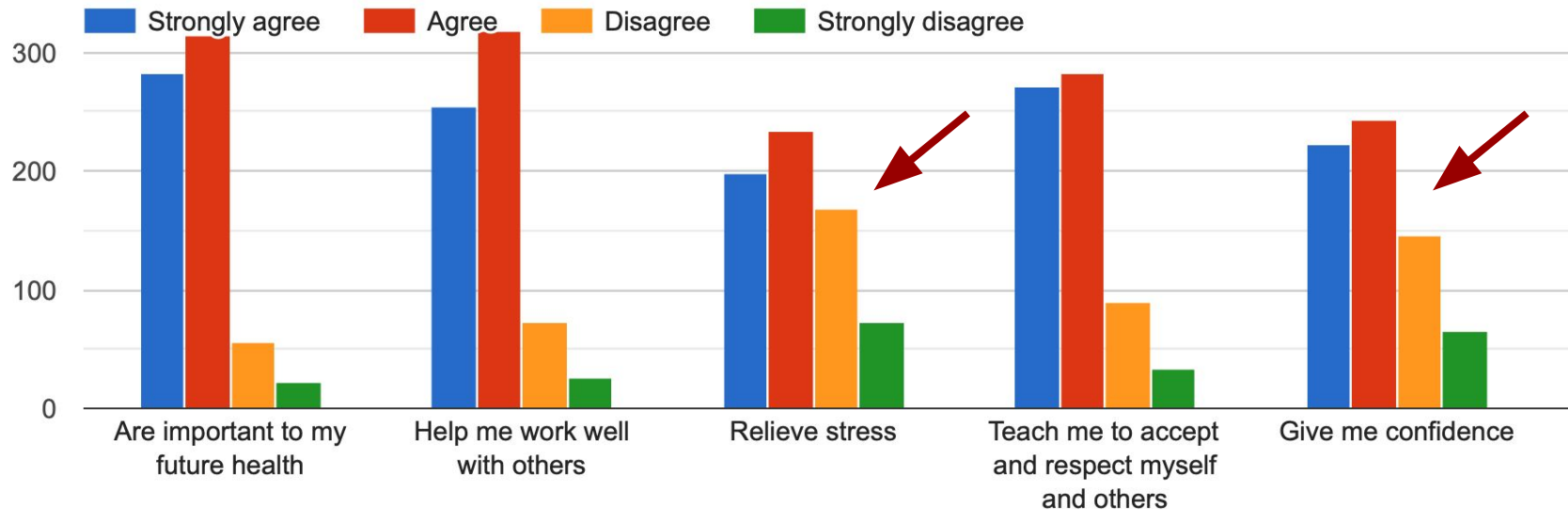
Skills Acquired from Participation in Physical Education and Health

To what extent have your physical education and health classes helped you learn the following?



Skills Acquired from Participation in Physical Education and Health

My physical education and health classes...



Suggestions

The most frequent suggestions for improvement were:

- Provide a dedicated space for the dance program
- Offer more student choice
- Provide additional after school opportunities for participation in sports

Teacher Perceptions

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Points of Pride, Next Steps, and Recommendations

Points of Pride

- Fostering lifelong learning and skill development
- Building strong relationships with students
- Promoting meaningful engagement in learning
- Developing the skills and dispositions of our Shared Valued Outcomes
- Designing a variety of course options to enhance participation and engagement
- Creating interdisciplinary connections

Next Steps and Recommendations

- Continued focus on collaboration within the department
- Continued development of new learning experiences to foster engagement
- Ongoing opportunities to engage in professional learning experiences with teachers outside the district
- Provide balanced classes and address space needs

Departmental Goals

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Building on our great work...

- Create more opportunities to include all students in Athletics
- Conduct a review of resources needed to support all athletes
- Explore course offerings in health and physical education and consider curriculum revisions that connect wellness, the SVOs, and student engagement
- Develop assessments that show student progress over time in health and physical education
- Connect Athletics to extracurricular and academic opportunities (e.g. sports broadcasting)
- Build additional community service opportunities into the Athletics, PE and Health programs

