Mrs. Urbaniak

Physical Education

Philosophy

Sylvania Schools Mission: We educate students to make a difference

Sylvania Schools Core Values: Excellence (high expectations, goal-oriented, academic rigor), Student Centered (meaningful learning experiences), Collaboration (teamwork, higher achievement, productivity), Accountability, Diversity, Community-Oriented (communication, responsive, exceed expectations)

Northview Philosophy: to prepare students for citizenship in our community, state, nation, and the world

Northview Mission: empower students with the analytical and creative skills and strategies necessary to be productive, life-long learners

I have high expectations for my students. I do not give out A’s, students must earn their grade. Students must complete homework and exercise and train on their own time. While in physical education I teach content, knowledge, skills, we practice and play. However, students must still exercise, run, train, and play etc. on their own time to ensure that they get enough physical activity each day. I use worksheets to involve family and friends (community) and to develop positive norms (create positive discussion about physical activity). I use a holistic approach. Exercise alone is not they only subject I teach. I teach across the curriculum bringing in writing, math, and nutrition (High Schools That Work). Physical Education is not recess. Students do not only need physical activity for one semester freshman and sophomore year. Instead physical education is to teach and inspire the skills and activity choices that students can make to be active throughout their lifetime. I also utilize the Ohio State Standards for Physical Education. Students will: demonstrate competency in motor skills and movement patterns, demonstrate understanding of movement concepts, principles, strategies, and tactics, participate regularly in physical activity, achieves and maintains a health-enhancing level of physical fitness, exhibit responsible personal and social behavior that respects self and others, and value physical activity for health, enjoyment, challenge, self-expression, and social interaction.