

**PHYSICAL
EDUCATION
DEPARTMENT
NEWSLETTER**

October/November - 2023

MEET YOUR TEACHERS!

Mr. Abbazia III

Mr. Arbuse

Ms. Buttacavoli

Ms. Campbell

Ms. Chen

Mr. Cohen

Ms. Ferrarin

Mr. Giordano

Mr. Gjecaj

Mr. Kramer

Ms. Kutyrcheva

Mr. Ma

Ms. Maloney

Mr. Moore

Mr. Padula

Ms. Rogers

Ms. Roman

Mr. Schwartz

Mr. Skelly

Mr. Whitfield



STAY INVOLVED WITH PHYS ED!

This month in **Ballroom Dance** we are learning the **SAMBA!**

*Did you know that the **SAMBA** originated in Brazil?!*

In the gymnasium, we are sharpening our **VOLLEYBALL** skills!

Students are learning how to accurately **Serve**, **Bump**, **Set** and **Spike!**

Did you know a single player may jump as much as 300 times in a volleyball match?!

YOGA is currently working on their **POWER POSES**. The power poses include the Warrior pose, the Cobra pose, the Plank pose and more!

Did you know that the United Nations has declared June 21st as International Yoga Day!? Also known as World Yoga day!

In **Weight Training**, we are focusing on gaining both strength and endurance to achieve our personal SMART goals! Students utilize resistance training and body weight exercises to build their tool box!

Did you know that weight lifting was practiced by both Ancient Egyptians and Greek Societies!?

In **Advanced Basketball**, we are perfecting our passing, shooting and dribbling skills to enhance our gameplay experience! Using teamwork and communication, students emphasize teamwork and respect!

Did you know that in the early days of basketball, dribbling wasn't allowed until 1901?!?



IMPORTANT DATES TO REMEMBER!

HEALTH EDUCATION:

DECEMBER 12th - UNIT 4 TEST

PHYSICAL EDUCATION:

NOVEMBER 28th - SUMMATIVE ASSESSMENT #2

DECEMBER 1st - END OF MARKING PERIOD #2



MEET YOUR NEW PHYSICAL EDUCATION TEACHERS!

Get to know Mr. Schwartz!

Mr. Schwartz is a huge travel bug and loves to explore the world! He is a huge football and hockey fan and loves the New York Jets and New York Rangers. Some of his favorite hobbies include watching movies, hanging out with his family and Skiing! Mr. Schwartz's dream destination is Australia. A fun fact about Mr. Schwartz is that he shares the same birthday as Selena Gomez! Who do you share your birthday with?!



MEET YOUR NEW PHYSICAL EDUCATION TEACHERS!

Get to know Ms. Campbell!

Ms. Campbell is a sport lover and her favorite sports team is the Dallas Cowboys! She loves spending time with her family and friends and her go-to food spot is Chipotle. Ms. Campbell loves the movie, “The Grinch,” (Jim Carrey version). Her dream destination is Greece and Fiji and hopes to make it there one day soon! A fun fact about Ms. Campbell is that she is the Head Coach for the Girls basketball team right next door at Brooklyn College! Come by and say hi!



MEET YOUR NEW PHYSICAL EDUCATION TEACHERS!

Get to know Ms. Chen!

Ms. Chen's favorite sport is Volleyball and Basketball! Some of her favorite hobbies include Snowboarding, Hiking and Boxing. Ms. Chen loves to eat sushi, pizza and curry while watching her favorite show, "Money Heist." Her dream destination is anywhere in Japan! A fun fact about Ms. Chen is that her dominate hand switches depending on which sport she is playing! Who is up for a challenge against Ms. Chen?!



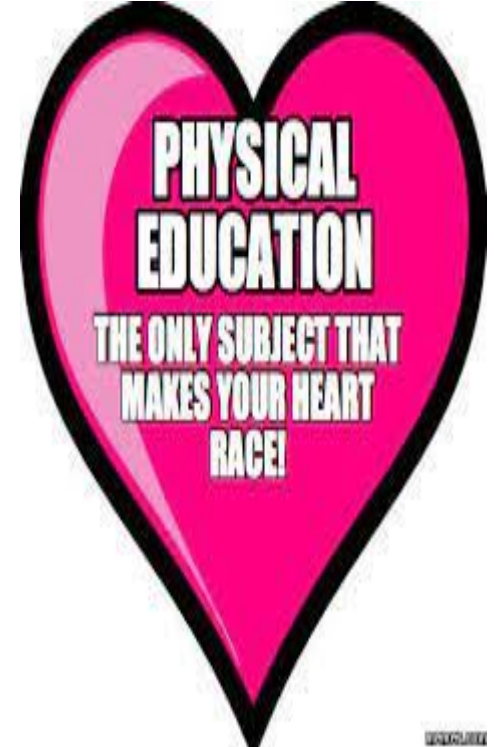
PHYSICAL EDUCATOR SPOTLIGHT OF THE MONTH!

Meet Mr. Abbazia!

“I am a Physical Educator, football coach and personal trainer who also teaches swim lessons! I love staying active and helping others reach their fitness goals! As a driven Scorpio, I enjoy long walks with my dog Axel, running, lifting weights and taking Peloton classes. I also love to go snowboarding in the winter months!! On my free time I like exploring new cuisine at local restaurants. My favorite sport to watch in person is Hockey because of its fast paced nature! A fun fact about myself is that I played the trumpet for 12 years and my favorite food is Chicken over Rice with Pita bread! If you see me in the hallway, stop me and say Hi!! Last but not least, I love being a Hornet!”



Physical Education Memes of the Month!



BRAIN BREAK ACTIVITY OF THE MONTH!

A great way to have students stay physically active in the classroom is by utilizing BRAIN BREAKS! A fun brain break activity to try is called, “**THE PLAYBOOK**!” This activity is great for not only keeping students active, but it also gives them a mental break that sometimes we all need!

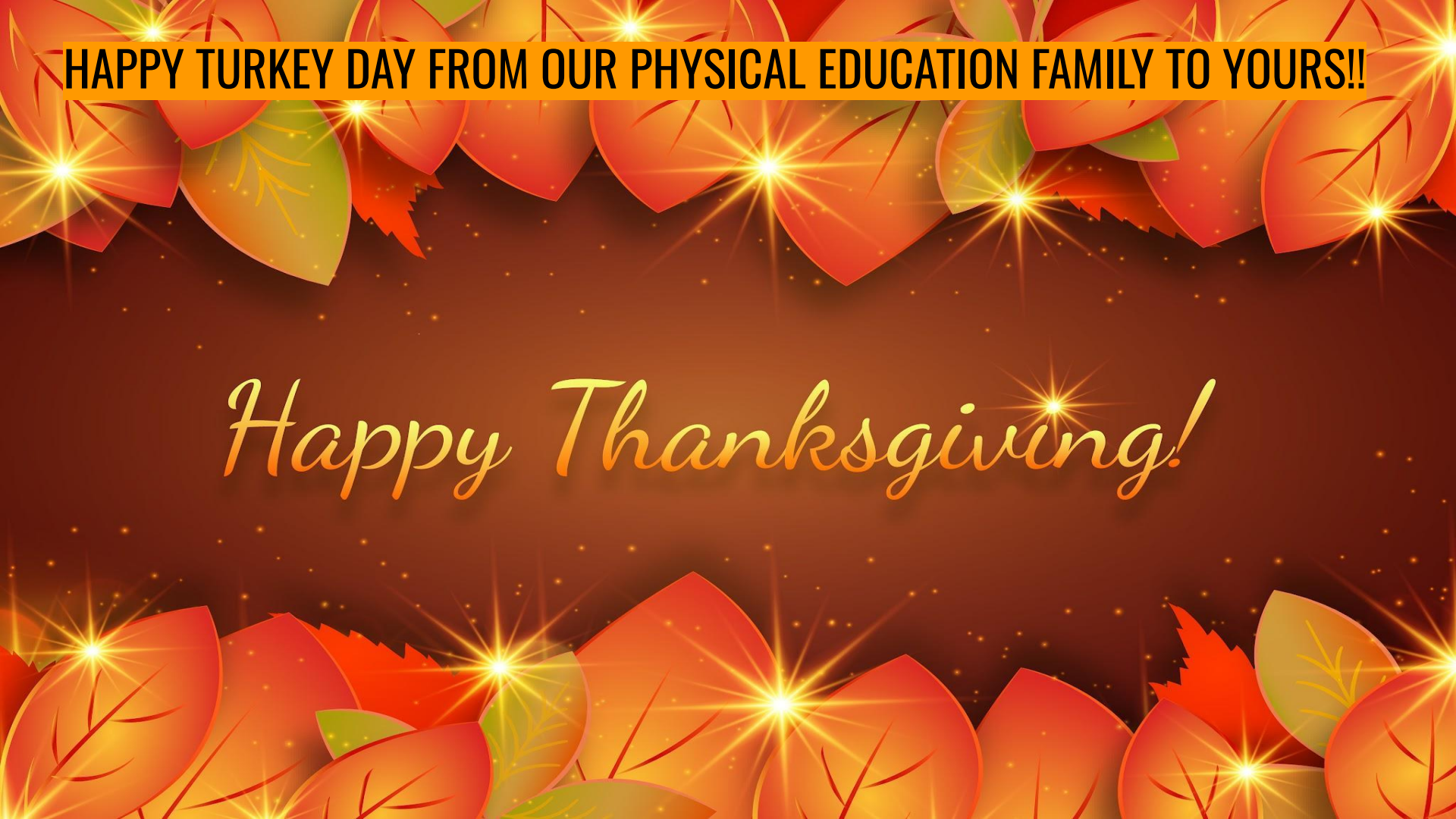
- 1) On a small piece of paper, have each student write down their favorite exercise! (Ex. Jumping Jacks/Squats/Push-ups/Jog in place/etc.,)
- 2) After that, collect all of the pieces of paper and place them in a hat or bucket and move them all around!
- 3) Have 5 students come up and pick a piece of paper...**WITHOUT LOOKING!**
- 4) With the 5, “**Plays**” that were chosen, the students that designed the plays can come up in front of the class and lead the class through their, “**Play!**” This gives students the opportunity to lead and motivate their peers through physical activity!
- 5) Each play can have a fun, different name and soon enough, you’ll have a whole **PLAYBOOK** to choose from whenever you wish!



DID YOU KNOW?!



- 1) Being physically active improves your brain power and reduces the risk of disease!
- 2) For every ONE hour you perform aerobic exercise, you add TWO hours to your life span!
- 3) Daily physical activity is proven to relieve stress, depression and many other mental health issues!
- 4) Exercising increases your ability to learn and memorize!
- 5) Exercise helps clear your head and can improve your quality of sleep!



HAPPY TURKEY DAY FROM OUR PHYSICAL EDUCATION FAMILY TO YOURS!!

Happy Thanksgiving!