“Prepare, Present, Assess”

Presented By: Charlie Rizzuto
2016 Nassau Zone Secondary PE Teacher of the Year
2017 NYS Health Education Amazing Person of the Year
RIGOR
RELEVANCE
RELATIONSHIPS
Snack Time
What was most memorable?

Why are they so memorable?
ADMIN:
“Ok, heres the job, you need to make children know things.”
TEACHER:  
“Wow! So, they want to know it?”
ADMIN:
“No, they don’t want to know it, you need to make them know it against their will. While they’re exploding sexually and beating the snot out of each other”
Mr. Rizzuto, we missed you! You’re the best! We are so sorry for your loss. Just like you, you are always here for us, and the rest of your students, we are always here for you if you need us. You of all people don’t deserve anything like this, because you are by far the only teacher whose class your students look forward to. You make class fun and exciting every day, even when we talk about serious topics.
Preparation is the key
Proper Preparation prevents poor performance.
RELATIONSHIPS
I Will Follow The Rules
I Will Follow The Rules
I Will Follow The Rules
I Will Follow The Rules
I Will Follow The Rules
I Will Follow The Rules
RESPONSIBLE

POSITIVE

RESPECTFUL

REASONABLE

OOPS

SAFE

PULL THE ROPE!!!

EMPATHETIC

OUCH

PEACEFUL

ENTHUSIASTIC

OPINIONS

SYMPATHETIC
Snack Time
Dimensions of Health
Learning Partners
Social Health Learning Partner

Find someone who shares at least one common interest with you outside of school and make them your social health learning partner.
Socially healthy people are...

- Aware of the feelings of others and can respond appropriately
- Able to resolve conflicts with others
- A part of close trusting relationships
- Able to set and respect boundaries
Emotional Health Learning Partner

Find someone who copes with stress in one of the same ways that you do and make them your emotional health learning partner.
Emotionally healthy people are...

- Aware of their own feelings
- Able to express feelings appropriately
- In control and able to adapt to change
- Able to comfort themselves when troubled
The world is coming to an END
What dimensions of health did you identify?
What was the speakers answer to the issues we face as a society?
Who loves you?
It was never expressed until...

“Love Ya”
Love Ya,
Mean It,
Bye!
I wish my teacher knew...
I wish my teacher knew …

I have really bad anxiety and get nervous for no reason at all.
I wish my teacher knew …

I see the ugly side of addiction everyday.
I wish my teacher knew ... 
So many things.
FREE COMPLIMENTS FRIDAY

MAKE SOMEONE SMILE TODAY

It only takes a second to let someone know how you feel about them.

Take a compliment and pass it on.

<table>
<thead>
<tr>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
</tr>
</thead>
<tbody>
<tr>
<td>You look so happy</td>
<td>You are such a nice person</td>
<td>You are a real gem</td>
<td>You have a great sense of humor</td>
<td>You are a treasure</td>
<td>You make me smile</td>
</tr>
<tr>
<td>You are very kind</td>
<td>You are a wonderful friend</td>
<td>You have a great heart</td>
<td>You inspire me</td>
<td>You are a shining star</td>
<td>You make my day</td>
</tr>
<tr>
<td>You are loved</td>
<td>You are a true friend</td>
<td>You are a shining star</td>
<td>You are a joy</td>
<td>You are a treasure</td>
<td>You make my day</td>
</tr>
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37607 is your friend's phone number.

CharlieRizzu939 is the message you are sending your friend.
NYS: Have you ever tried an illegal substance?

Yes

No

Start the presentation to activate live content
If you see this message in presentation mode, install the add-in or get help at Poll Everywhere.
NYS: If so which one?
NYS: If so which one?

Start the presentation to activate live content
If you see this message in presentation mode, install the add-in or get help at PollEv.com/app
RELEVANCE
SECRETS
What is skills based health education?

A skills-based health approach is a planned, sequential, comprehensive and relevant curriculum that is implemented through participatory methods in order to help students develop skills, attitudes and functional knowledge needed to lead health-enhancing lives.

(Benes and Alperin, 2016)
Content Based vs. Skills Based
Regurgitation vs Application
Content Based:

Tests, quizzes, research papers and essays.

NOPE.
Skills based:

Meaningful application of the seven health skills.
Content Based:

Listing parts of the reproductive system.
Skills based:

Using credible sources to find local places people can go to find help in relation to specific health concerns.
EMPOWERMENT
EMPOWERMENT

Questioning and searching
Creating and applying
Impacting outside their school or class
ENGAGING STUDENTS
MEANS GETTING KIDS EXCITED ABOUT OUR
- CONTENT
- INTERESTS
- CURRICULA

EMPOWERING STUDENTS
MEANS GIVING KIDS THE KNOWLEDGE AND SKILLS TO PURSUE THEIR
- PASSIONS
- INTERESTS
- FUTURE
(KIDS NEED TO BE EMPOWERED NOT ENGAGED)

Note to Teachers:
EMPOWERING > ENGAGING
OWNERSHIP > BUY-IN
#AGENCY MATTERS

Image by @plugsin. Inspired by @DJakes + @Fryed
GO TO:
www.RizzutoEducation.com

CLICK THIS LINK:
Why Health Breakout
FLIPPING INSTRUCTION
Agonist / Antagonist

Antagonistic Muscle Groups List

- Biceps ——— Triceps
- Back ——— Chest
- Abs ——— Lower back
- Shoulders ——— Chest / Back
- Quadriceps ——— Hamstring
- Tibialis anterior(shin) ——— Calf muscle
Snack Time
“We are not teachers, we are provokers of thought.”
“Intelligence is not what you know, it is what you can figure out.”
DON’T GRAB TOPSOIL

DIG DEEP
FISHING FOR TRAITS
You all start with $10 “Health Bucks”. Use that money to bid on a characteristic of a healthy relationship.

Every Group Needs 4!!!
<table>
<thead>
<tr>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trust</td>
<td>Compromise</td>
<td>Faithfulness</td>
<td>Beliefs</td>
<td>Independence</td>
</tr>
<tr>
<td>Respect</td>
<td>Communication</td>
<td>Similar Interests</td>
<td>Safety/Vulnerability</td>
<td>Balance of Power</td>
</tr>
<tr>
<td>Honesty</td>
<td>Physical Attraction</td>
<td>Similar Goals</td>
<td>Acceptance of Differences</td>
<td>Intelligence</td>
</tr>
<tr>
<td>Commitment</td>
<td>Understanding</td>
<td>Support</td>
<td>Welcome Tough Times</td>
<td>Intimacy</td>
</tr>
</tbody>
</table>
LET'S GET READY TO RUMBLE!!!
Out of the red corner
4 Victories and 1 Defeat*
5'7"
83 Words per minute
Oyster Bay New York
Representing Safety & Vulnerability

Gaby
(The Gabster)
Treble

Out of the blue corner
4 Victories and 1 Defeat
5'3"
76 Words per minute
Oyster Bay New York
Representing Balance of Power

Maria
(Pepper Grinder)
McKevitt
“My Best Advice”
“It’s on Us (me)"

Public Service Announcement
FOR A FAIR SELECTION EVERYBODY HAS TO TAKE THE SAME EXAM: PLEASE CLIMB THAT TREE
Snack Time
Devices are ready to be used during class.

Devices will be used later in class.

Use of devices not allowed during class.
I teach tomorrow's leaders.
I'm kind of a big deal.