“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
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, we 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 who's 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
Prior 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
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
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!
COME BACK TOY
LMB
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>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
<th>Compliment</th>
</tr>
</thead>
<tbody>
<tr>
<td>You read by my side.</td>
<td>You taught me.</td>
<td>You gave me a hug.</td>
<td>You made me smile.</td>
<td>You helped me in need.</td>
<td>You do great work.</td>
<td>You are a great friend.</td>
<td>You inspire me.</td>
<td>You are so happy.</td>
<td>You are a beautiful person.</td>
</tr>
<tr>
<td>You know my secrets.</td>
<td>You make me laugh.</td>
<td>You always have a story.</td>
<td>You make me feel special.</td>
<td>You have a kind heart.</td>
<td>You are a true friend.</td>
<td>You make me feel special.</td>
<td>You are good at your job.</td>
<td>You make me feel happy.</td>
<td>You are a wonderful person.</td>
</tr>
<tr>
<td>You once taught me.</td>
<td>You give me a big hug.</td>
<td>You are a great person.</td>
<td>You are a great person.</td>
<td>You make me feel happy.</td>
<td>You are a true friend.</td>
<td>You make me feel special.</td>
<td>You are a great person.</td>
<td>You make me feel happy.</td>
<td>You are a wonderful person.</td>
</tr>
<tr>
<td>You are a great speaker.</td>
<td>You make me feel special.</td>
<td>You are a great person.</td>
<td>You are a great person.</td>
<td>You make me feel happy.</td>
<td>You are a true friend.</td>
<td>You make me feel special.</td>
<td>You are a great person.</td>
<td>You make me feel happy.</td>
<td>You are a wonderful person.</td>
</tr>
</tbody>
</table>
Snack Time
37607 is your friends 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?

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
Skills
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.
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.
ENGAGEMENT

Tuned in
Hands up
Conversations
Volleyball
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 @PIGUSIN. 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></th>
<th>Trust</th>
<th>Respect</th>
<th>Honesty</th>
<th>Commitment</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Compromise</td>
<td>Communication</td>
<td>Physical Attraction</td>
<td>Understanding</td>
</tr>
<tr>
<td>4</td>
<td>Faithfulness</td>
<td>Similar Interests</td>
<td>Similar Goals</td>
<td>Support</td>
</tr>
<tr>
<td>3</td>
<td>Beliefs</td>
<td>Safety/Vulnerability</td>
<td>Acceptance of Differences</td>
<td>Welcome Tough Times</td>
</tr>
<tr>
<td>2</td>
<td>Independence</td>
<td>Balance of Power</td>
<td>Intelligence</td>
<td>Intimacy</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></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.