

Monroe High School has a proud tradition when it comes to sports. We offer a wide range of sports at the modified, JV, and Varsity levels.



<u>Modified 7-8 Grade</u>	<u>9-12 Grade</u>
FALL SPORTS	
Start: September 5 th	Start: August 13
Modified Boys Volleyball Modified Girls Volleyball Co-Ed Soccer	Boys JV/Varsity Football Boys Varsity Volleyball Boys Varsity Soccer Girls JV Volleyball Girls Varsity Volleyball Girls Varsity Tennis
WINTER SPORTS	
Winter I Start: November 5 th – Dec. Modified Girls Basketball Modified Wrestling	Start: November 5 th – Feb.
Winter II Start: January Co-Ed Swimming Modified Boys Basketball	Co-Ed Bowling Boys JV/Varsity Basketball Girls JV/Varsity Basketball Varsity Indoor Track Varsity Cheerleading Boys Varsity Swimming
SPRING SPORTS	
Start: March 11 th	Start: March 4 th
Modified Softball Modified Baseball Modified Co-Ed Tennis Modified Co-Ed Track	Boys JV/Varsity Baseball Boys Varsity Tennis Boys Varsity Outdoor Track Girls Varsity Outdoor Track Girls JV/Varsity Softball

The athletic program welcomes all scholar-athletes regardless of entry skill level. Coaches are highly qualified and have an understanding of their individual sport fundamentals.

Through sports, scholar-athletes learn the benefits of being an integral part of a team while developing their individual skills. They also learn about self-discipline, collaboration, and sportsmanship.



For more information please contact:
 Daisy Morales, Physical Education, Health and Athletics Coordinator
 Phone: 585-232-1530
 Email: Daisy.Morales@rcsdk12.org
 Armando Ramirez, Principal
 Email: Armando.Ramirez@rcsdk12.org

Athletics and Physical Education Programs at Monroe High school



James Monroe High School
 164 Alexander Street
 Rochester New York 14607
<http://rcsdk12.org/Monroe>

"Building on Strengths... Embracing New Opportunities"

Physical Education Program at James Monroe High School



Mission Statement:
The Monroe High School community commits itself to establish a collaborative and sustain-

able educational environment in which all staff, parents, and students are responsible for the school's success.

Monroe takes pride in providing a rigorous physical education program. Students are taught sports and lifetime skills. Units such as swimming, weight training, kayaking, yoga, pilates, zumba, badminton, self defense, ultimate frisbee, team sports, winter sports, and individual sports are some of the units scholars will be exposed to during their physical education program.



Philosophy

We believe in exposing our scholars to as many physical activities and experiences that will challenge them mentally, physically, and emotionally for personal health and a healthier lifestyle.

Goal

Our goal is to set the foundation and build skills and knowledge in which our scholars will have the ability and skills to make healthy fitness choices now and in the future as their interests, age, and abilities change.

Curriculum
The Physical Education Program is aligned with the

New York State and national standards. Common Core standards are also imbedded in each unit. It is student-centered. It promotes lifetime skills in an effort to teach and provide students with the knowledge they will need to maintain a healthy lifestyle. In addition, scholars are taught to be part of a team and collaborate towards a common goal.



Student Accountability

Students are responsible for being fully prepared to participate in physical education classes. They must wear proper attire as well as be actively engaged in the lesson.

Best practice

Our physical education staff attends and participates in professional development in order to improve their own practice. They collaborate with colleagues across the district to develop the most up to date physical education curriculum. Because of the diverse population we serve, the team is learning Spanish in order to effectively communicate with the Spanish speaking population. They are all veteran teachers with a Master's Degree in education.



Assessment
Staff implements pre-and post

assessments that are aligned with the New York State Common Core standards. Setting the blue print for instruction, which is aligned with the District's Physical Education Curriculum.

Support for Success

Staff provides many opportunities for students to make up work after school by attending after school make ups and/or completing written assignments when appropriate.