

Customized Learning

We prepare students by offering:

- Small class sizes by grade level
- A focus on lifetime sports skills & fitness
- Most current information available is taught in Health Education
- Team building & confidence activities
- Adapted Phys. Ed. taught by qualified teachers
- Fitness testing at multiple grade levels

Beyond...

Technology in the Classroom

- "Exergaming" opportunities in Phys Ed
- Heart Rate Monitors & Pedometers
- Exercise technology
- Video analysis
- Personal Electronic Devices & how to integrate apps
- Fitness equipment
- Latest training equipment and workout programs



Enjoyment of physical activity

The mission of the Riverview School District is to provide an excellent education within the framework of a small, diverse community. We emphasize high quality academic and vocational programs in an environment which sets high expectations for all students, promotes personal growth and fosters the development of responsible and productive citizens.

A non-traditional public school district offering small student to teacher ratios, individualized learning, and a 21st century education through:

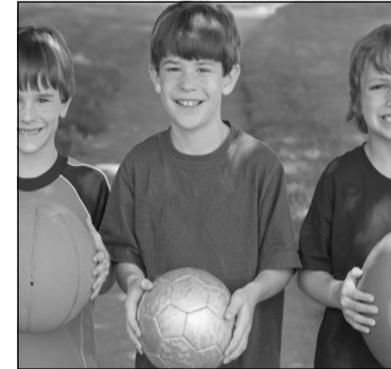
- Personal Attention
- Small Class Sizes
- Caring Educators
- Interdisciplinary Learning Opportunities K-12
- A Wide Variety of Award Winning Extracurricular Activities

Building Futures Since 1971

Riverview School District
701 Tenth Street Oakmont, PA 15139
412.828.1800 Opt 9 www.rsd.k12.pa.us



HEALTH/PHYSICAL Education



Healthy lifestyles

Our goal is to help develop the overall, well rounded child who values health and wellness as vital components of his/her life.



Healthy choices

RIVERVIEW SCHOOL DISTRICT

Situated on the Allegheny River and serving Oakmont and Verona, PA

Health and Physical Education

Riverview School District provides a well-rounded & challenging Health & Physical Education program of the highest quality; empowering students to lead productive, fulfilling lives by maintaining a physically active and healthy lifestyle.

Through the implementation of standards based Health & Physical Education, a highly qualified and dynamic staff promotes optimal growth and development of the physical, nutritional, emotional and social well being of our students. This developmentally balanced Health & Physical Education program will give students the movement skills and knowledge to be active and physically fit to the best of their ability throughout their lifetime.

Physical Education Opportunities.....

Our Phys. Ed. program provides students the chances to choose activities that best suit their interests. From selecting traditional team sports activities to physical fitness training to lifetime sports activities to the dance and music elective, we offer a variety of activities to meet every student's needs and interests.

We strongly believe that the student's body is as vital as their mind in education. Our emphasis is not just on being active but also staying active each day and throughout their lifetimes. Students who are physically fit and active regularly are more receptive learners, have higher self esteem and are more confident in what they do.

A common theme throughout our program is decision making. We feel this skill can be carried with the student out of the gym and into everyday life. How to recognize choices, evaluate them and the potential consequences and selecting the best option is something that can be taken for granted, but it is vital in sports activities and invaluable in life.

We also put considerable effort into assessing the students, and not just on their skill levels. We take into account their effort, attitude, teamwork, knowledge of the game and responsibility. There are numerous opportunities to look at these assets through multiple levels of assessment.

DID YOU KNOW...

- Each Riverview student receives 80 minutes (2 classes) of Phys Ed per week from Kindergarten through 12th grade
- Full year Health Ed programs in 7th & 10th grades covering: nutrition, disease, drugs & alcohol, CPR/first aid, dating & relationships, mental health, growth and development and anatomy & physiology
- Technology is integrated into all Health & Phys Ed programs
- A wide variety of activities, including: traditional sports, individual sports, lifetime sports, physical fitness, world games, fundamental movements, using manipulatives & basic rules of game play with all the accompanying required equipment
- Access to Riverside Park & Cribbs Field facilities
- Traversing climbing wall at Verner Elementary School

