

St. Matthew's

Spotlights



Physical Education and After School Sports

It's amazing how successful our teams have been, considering our no-cut policy. I'm very proud of our students, our coaches, and our program.

- Andy Bernstein, Athletic Director

A young girl in a white and blue St. Matthew's flag football uniform is running with the ball on a grassy field. She is wearing a white t-shirt with "ST. MATTHEW'S" and a blue flag football uniform. She is smiling and looking down at the ball. Other players in blue uniforms are visible in the background.

The best part about playing sports at St. Matthew's is the camaraderie and friendship one develops with teammates that one might not ordinarily see or spend time with during the school day.

- Jack, Class of 2015

sports

The philosophy of the St. Matthew's after school sports program encompasses the physical, social, emotional and intellectual needs of the student-athlete. We do not center purely on the physical skill of a player, but rather we are supportive, nurturing, and disciplined in our approach. At St. Matthew's we strive to be competitive, but also allow for full participation by every member of the team. Our philosophy is one of inclusion - there are no "cuts." Everyone who comes out for a team and attends practices and games is considered an integral and meaningful part of the team. Our aim is to teach basic skills and strategy to further the potential of every athlete. We also want to instill teamwork and sportsmanship at every level. It is our belief that participation in sports helps a child develop not only physical skills and get exercise, but strengthen friendships, have fun, learn to play as a member of a team, value fairness and integrity, and improve confidence. Our goals are threefold:

1. for the serious graduating student athlete to be prepared for the high school level if that is his or her desire;
2. for all graduating students to learn the values of teamwork, fairness, honesty and responsibility, often best taught through team sports; and
3. for all graduating students to carry with them an appreciation of physical activity as a tool to becoming healthy adults who are motivated to remain healthy.

currently field 18 teams in 12 sports



Fall Season

6th-8th Grade Boys Flag Football
6th-8th Grade Girls Volleyball
5th-8th Grade Coed Swimming



Winter Season

6th-8th Grade Boys & Girls Basketball
7th-8th Grade Boys & Girls Soccer



Spring Season

6th-8th Grade Boys Volleyball
5th-8th Grade Girls Softball
6th-8th Grade Coed Tennis
6th-8th Grade Coed Golf
6th-8th Grade Coed Track & Field

eligible
students playing

1 sport

88%

2+ sports

59%

Since 1988

- 69 Team Championships • 44 Team Sportsmanship Awards
- Countless Individual Awards in Swimming, Tennis, Track & Field and Golf

Teams compete in the Pacific Basin League and the Junior High Delphic League against more than 30 schools on the Westside of Los Angeles and the San Fernando Valley.

physical education themes

The Physical Education curriculum is designed to help students develop the physical competence that leads to positive self-esteem, self-confidence and participation in physical activity for a lifetime. Our goal is to help children find a variety of ways to enjoy being physically active so they will get all of the physical, emotional, intellectual, and social benefits that come with an active lifestyle.

Children can expect to be challenged and presented with many different activities, all while being taught in a positive atmosphere and environment.

movement concepts

In the early grades, the program emphasizes the variety of ways we travel (e.g. running, skipping, hopping), changes of directions and speeds, and different ways to balance, jump and land.



skill themes

Basic motor skills such as throwing, kicking, volleying, and striking with a bat or racquet are taught. In the upper grades the children are taught how to use these fundamental skills in games and sports, as well as gymnastics and various forms of rhythmic movement.



wellness concepts

Wellness concepts are taught throughout the program. They include, athletic safety, healthy and unhealthy foods, and ways to improve cardiovascular endurance and flexibility.

The layout and terrain of our campus affords plenty of opportunities for students to 'warm up' or 'cool down' when walking to and from Physical Education classes, whether they are on the meadow, in the gym, or on our rooftop playground.

- Robert Risley, Physical Education Coordinator

physical education



Early Childhood students are exposed to a variety of games and activities to explore movement skills, following instructions and being physically active. Preschool and Pre-K are taught in a fun, positive environment to begin the association between the social and emotional benefits of being physically active.

The time spent in Physical Education classes in the **Lower School** far exceeds the suggested national standards from the National Association for Sport and Physical Education (NASPE). Kindergarten-Grade 4 students participate in a year-long program that develops and emphasizes motor development, sportsmanship, manipulative skills and fitness skills. They work individually, in small groups, or on teams as well as participating in events such as rock climbing and an intramural game of Quidditch! Students participate in a school-wide Blue/White Day which tests athletic abilities in running, jumping and throwing.

The **Upper School** Physical Education program includes conditioning, coordination exercises, with an emphasis on sportsmanship and teamwork, leadership skills, and participation in team sports. The PE program also focuses on enhancing the self-esteem of students in Grades 5-8 by providing an array of activities in which the student can experience success, exhibit leadership, demonstrate sportsmanship and build group relationships. Special events include participating in a Punt, Pass and Kick competition, Blue/White Day and a Gobbler Bowl flag football tournament.



baseline testing

All St. Matthew's students in 4th-8th grade have the opportunity to participate in a Baseline Concussion Test administered by the Sports Concussion Institute. In the event a concussion is suffered during PE class, school sports or even outside of school sports, the same test (a "post-injury") is taken again by the student, yielding comparative scores from before and after the injury. These baseline tests and post-injury tests are computerized assessments that measure reaction time, memory capacity, speed of mental processing, and executive functioning of the brain and can be used to aid in recovery when suffering from a concussion.



fun facts

On any given day, because of our unique landscape, students and faculty alike benefit from the amount of extra physical activity they output. From the time they are dropped-off to the time they spend walking to class and playing at recess, students are constantly on the move.



Lower School
10,892 Steps/4.72 Miles



Faculty/Staff
4,785 Steps/2.07 Miles



Upper School
5,875 Steps/2.55 Miles

(Average based on a non-scientific survey taken over the course of several school days.)