

newyorkedge

GIRLS L.E.A.D

Learning Empowerment through Athletic Development

SPRING CURRICULUM

APRIL - JUNE 2023



newyorkedge

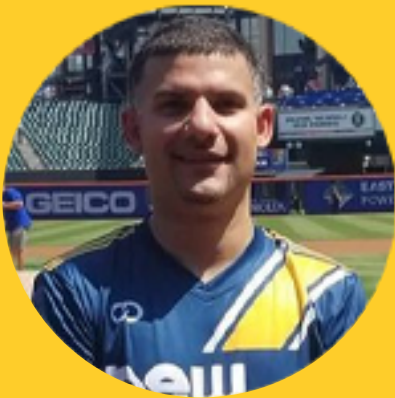
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EVENT INFORMATION

OVERVIEW

APRIL

Educational Topic:

- Stress Awareness Month

Physical Activities:

- Tennis
- Soccer
- Floor Hockey

MAY

Educational Topic:

- Mental Health Awareness Month

Physical Activities:

- Baseball
- Karate
- Golf

JUNE

Educational Topic:

- Pride Month

Physical Activities:

- Volleyball
- Track and Field
 - Hurdles
 - Shot-Put
- Handball
- Skateboarding

COACHES MATERIAL

APRIL

[How to Manage Stress as a Coach / Teacher](#)

[Coaching Strategies for Helping Adolescent Athletes Cope with Stress](#)

MAY

[Mental Health Awareness Teaching Resources](#)

JUNE

[Inclusive Educational Curriculums for Teachers](#)

[Guidance to Supporting Transgender, Non-Binary, Gender Non-Conforming and LGBTQ+ Students in Physical Education](#)

GIRLS L.E.A.D SPECIALIST CHECK LIST

PRE - ACTIVITY CHECK LIST:

- **Space/Area** is checked for its safety
.....
- **Lesson Plan** is printed prior to the lesson start time
.....
- Needed Lesson **Materials** are cleaned and prepared
.....

DURING ACTIVITY CHECK LIST:

- **Sanitation** of hands/materials
.....
- **Recap** of past lesson
.....
- Uses **gender neutral** language when speaking to participants
.....
- **Encourages participants through positivity**
.....
- Creates an **inclusive environment** for **all participants** through
their words and actions
.....
- Encourage positive thinking and working together
.....
- **Recap** what was taught at the conclusion of the lesson
.....
- Opportunities for **critical thinking**
.....
- Talk about the plans for the next lesson
.....

EQUIPMENT LIST

- TENNIS RACKET
- TENNIS BALLS
- CONES
- SOCCER BALL
- PINNIES
- FLOOR HOCKEY STICKS
- FLOOR HOCKEY NET
- FLOOR HOCKEY BALL/PUCK
- BASEBALL
- BASEBALL GLOVES
- BASEBALL BAT
- GOLF CLUB, BALL AND TARGET SET
- VOLLEYBALL
- TRACK HURDLES
- HANDBALL
- VOLLEYBALL NET
- SKATEBOARD
- HELMET
- KNEE PADS

APRIL

EDUCATIONAL TOPICS

- Stress Awareness Month
 - Stress awareness month focuses on how to deal with life's stressors!
 - sports, school, family, personal life, social media

PHYSICAL ACTIVITIES

- TENNIS
- SOCCER
- FLOOR HOCKEY

LESSON ACTIVITIES

Stress Awareness Month

- The Body Project: Media's Influence Lesson Plan Worksheet
 - Women's history and gender analysis can empower students in a world where media messages are overtly and covertly directed at young people. Women's history provides students with an understanding with ideas-about bodies and minds-have changed over time. Gender analysis, along with racial and class analysis, encourages deeper understanding of the role of advertisements in our culture today. This lesson teaches media literacy to empower young people to think about their relationships to movies and television shows, print and online advertisements, and social media.
- Guided Stress Lessons Student Worksheets
 - These lessons are focused on distances or independent learning opportunities for students.
 - 15-30 minute lessons
 - Both in-person and online
- My Imagine Journal
- Her Time to Play: Dealing with Difficult Feelings
 - Identify healthy ways of coping with difficult feelings, especially how being physically active reduces stress

MAY

EDUCATIONAL TOPICS

- Mental Health Awareness Month

PHYSICAL ACTIVITIES

- BASEBALL
- KARATE
- GOLF

LESSON ACTIVITIES

Mental Health Awareness Month

- Walk in Our Shoes Guided Lesson
 - Students will understand key characteristics of mental illness, and be able to define stigma.
 - 30 -40 minutes
- Guided Mental Health Resources and Activities
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision Making
- The Feeling Wheel
- Balancing Relay
- Her Time To Play: Strong Body, Strong Mind:
 - Articulate how women in “real life” are alike or different from women on television and in magazines.



JUNE

EDUCATIONAL TOPICS

- Pride Month

LESSON ACTIVITIES

Pride Month

- Define and Explore Stereotypes and Gender Conformity
 - The point of this lesson is to explore gender stereotyping specifically, highlighting way in which this occurs. As well as to explore the media's influence in creating and perpetuating gender stereotypes.
- LGBTQ+ Awareness Student Worksheet
 - This workshop reviews and teaches the importance of using the proper language and pronouns.
- Her Time To Play: Strong Body, Strong Mind:
 - Articulate how women in "real life" are alike or different from women on television and in magazines.
- Her Time to Play: Bullying
 - Define bullying and understand its effects on those who experience it
 - Respond effectively to bullying (on behalf of themselves and others)

PHYSICAL ACTIVITIES

- VOLLEYBALL
- TRACK AND FIELD
 - HURDLES
 - SHOT-PUT
- HANDBALL
- SKATEBOARDING

GIRLS L.E.A.D

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TRIP

INFO

SPRING 2023

APRIL

Girls L.E.A.D Virtual Event:
Have to find a balance between school, social
life, sports, and family!
How exercise can help deal with stress for
life situations.



MAY

Morgans Message:
Virtual Event
Dealing with life stressors and recognizing the toll
they have on your mental and physical health when
ignored.

JUNE

WNBA New York Liberty vs. Chicago Sky
Sunday, June 4th at 2:00 PM
Barclays Center, Brooklyn, NY

WNBA New York Liberty vs. Dallas Wings
Sunday, June 11th at 1:00 PM
Barclays Center, Brooklyn, NY
