The 2019 recipient of the NYS AHPERD Elementary Physical Education Teacher of the Year Award is Elizabeth Bolger.

Beth has been a physical education teacher in the Sayville School District for 13 years. Her goal is to create lessons that challenge students and are aligned with NYS Learning Standards. Beth differentiates her class instruction to accommodate her students’ individual fitness levels, by using games, tools and activities to ensure all students are active 95% of each class. She constantly assesses students both cognitively and physically with the use of Plickers, pedometers and heart rate monitors. Beth implemented an “Abilities Awareness” curriculum to educate students about those with special abilities. She advocates for a culture of movement and created “movement and mindfulness hallways” that have become the standard for her school district. She received grants to establish a skateboarding unit and mindfulness certification. Beth is an active member of the Suffolk Zone, serves on the Zone’s executive board as vice president of dance, and presents at state and zone conferences. She created and coordinates the Suffolk Zone Fit Club competition which hosts over 1,000 athletes and coaches from 31 schools. Beth has been honored with the Suffolk Zone Elementary Physical Education Teacher of the Year and her videos have taken top honors in the Get Moving NY contests. A school administrator wrote, “The greatest gift educators give students is the opportunity to develop self-confidence. Beth conveys unswerving confidence in her students and asks them to achieve what they had considered impossible. In doing so she pays her students the ultimate respect: she believes in them. And this helps them believe in themselves.” It is an honor to present the recipient of the 2019 Elementary Physical Education Teacher of the Year Award, Elizabeth Bolger.