The 2019 recipient of the NYS AHPERD Secondary Physical Education Teacher of the Year Award is Margo Barrows.

Margo has been teaching secondary physical education and health education at Oxford Academy for 21 years. She uses the NYS Learning Standards as the foundation of her curriculum and modifies the program to meet the needs of her students. Margo’s goal is to provide students with the knowledge and skills to be physically active beyond her classroom. Her students are required to do a yearlong research project with their findings presented as a research paper, a group PowerPoint, a brochure or creating a fitness program. As new fitness trends emerge, Margo updates her curriculum and has recently included kettlebell, TRX and HIIT trainings. She has coached numerous sports at varying age levels, and is the High School Student Government advisor. Margo has secured many grants for purchasing equipment for the physical education department. In service to NYS AHPERD, she is an active member of the Central South Zone and has presented at the annual and Central North Zone conferences. Margo was honored as the American Red Cross Teacher Hero of the Year and was inducted into the Ithaca College Athletics Hall of Fame. Her principal wrote, “Margo’s rapport with her students, her solid planning, and model management skills allow her to create flexible lessons that are both current and engaging. With her ability to relate everyday practice to physical education, a pedagogically sound yet enjoyable classroom experience occurs. Simply put, Margo’s presence at Oxford has helped increase student performance and an appreciation for wellness.” It is an honor to present the recipient of the 2019 Secondary Physical Education Teacher of the Year Award, Margo Barrows.