

Physical Education
Ms. Martin
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Welcome

Welcome families to the PS131 Physical Education Program with Ms. Martin.

I am thrilled to be working alongside an amazing faculty and a community of Physical Education enthusiasts to bring the many benefits of the program to your child during the 2025-2026 school year.

Physical Education Highlights

Physical Education is an integral part of your child's education program. The students will engage in physical movement and develop personal and social skills necessary for maintaining an active lifestyle and good health.

Your child will receive Physical Education at least once a week and will engage in various sports and movement activities. There will be individual and group lessons that include soccer, mini-basketball, kickball, and rhythm dancing. Also, sessions will include, locomotor, kicking, throwing, and catching activities to develop fine and gross motor skills.

Through peer interactions your child will build self-esteem, self-confidence, sportsmanship, recognition of various cultures and respect for all.

Teacher Bio

I was born and raised in New York and attended Bridgeport University in Connecticut where I received a master's degree in Education. Also, I attended Brooklyn College where my love of sports and Physical Education was ignited. During my spare time I love to read, do yoga, and play paddleball.

I look forward to meeting and collaborating with all of you to provide the best experience possible for your child.