

Jacob E Silvester

204 Old County
Road

Lancaster, MA
01523

Cell Phone: (978) 833-4415

Jsilvester9@gmail.com

As a recent graduate of Springfield College, I am eager to apply my knowledge and enthusiasm to inspire students in the classroom and beyond. Throughout my studies and personal experience as an athlete, I have developed a strong foundation in promoting physical fitness, health education, and teamwork. I am passionate about creating an engaging and inclusive environment where students of all abilities feel motivated to embrace an active lifestyle and develop the skills they need for long-term wellness. I am excited about the opportunity to bring my energy, creativity, and commitment to health and wellness to your school community.

Education:

Springfield College (Springfield, MA) May 2025 Bachelor of Science, Physical Education

Licensure: Physical Education - Grades K-8

Cumulative GPA: 3.40

Springfield College (Springfield, MA) Fall 2025-Winter 2025, Pursuit of Masters of Athletic Leadership

- I had to put my degree aside until Summer 2026 due to teaching

Certifications:

CPR, First Aid, AED June 2023 - Present

Professional Experience

Greenfield High School, Greenfield, MA Fall 2025-Present Full-time Health/PE Teacher

Grades 8-12, Class size 10-25

- Took on this job in early October due to the previous teacher leaving
- Responsible for teaching four health classes and one physical education class
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Student Teaching Experience:

Mapleshade Elementary School, East Longmeadow, MA Spring 2025 Full-Time Student Teacher

Elementary School (Grades

3-5) Class size: 18-24

- Took full responsibility of every physical education that occurred at Mapleshade Elementary School
- Provided instruction and support to Elementary level students in alignment with Massachusetts standards
- Developed and implemented physical education lessons aimed at enhancing students' physical fitness and developmental skills
- Tailored lessons to the unique needs and abilities of a small class size, ranging

from 2 to 4 students

Springfield Honors Academy, Springfield, MA Fall 2024 Part Time Student Teacher
High School

Class size: 18-24

- Took full responsibility of multiple physical education classes on Tuesday and Thursday every week
 - Provided instruction and support to privately educated highschool students in alignment with Massachusetts standards
- Developed and implemented physical education lessons aimed at enhancing students' physical fitness and developmental skills
- Tailored lessons to the unique needs and abilities of a larger class size, ranging from 18 to 24 students

Alfred M. Glickman, Springfield, MA Fall 2023 Part Time Student Teacher

2nd and 3rd Grade Adapted

Class size: 2-3 students

- Collaborated with other students to design and implement inclusive lesson plans tailored to meet the diverse needs of 2nd and 3rd-grade students with special needs
- Provided individualized support and instruction to a small class of 2-3 students, fostering their academic and social development
- Implemented accommodations and modifications to ensure access to curriculum and learning materials for students with varying abilities
- Monitored student progress and assessed learning outcomes, adjusting teaching strategies as needed to meet Massachusetts educational standards

Birchland Park Middle School, East Longmeadow, MA Spring 2023 Part Time Student Teacher

6th-8th Grade

Class size: 25-30

- Developed and delivered engaging physical education lessons tailored to 6th-8th-grade students, emphasizing the importance of physical fitness and skill development
- Incorporated badminton and cooperative games into lesson plans to enhance students' motor skills, teamwork, and sportsmanship
- Utilized Massachusetts standards to guide instruction and assessment, ensuring alignment with curriculum objectives and learning outcomes

Warner Elementary School, Springfield, MA Fall 2023 Part Time Student Teacher

2nd Grade

Class size: 18-22

- Developed and implemented physical education lessons tailored to enhance students' physical fitness and developmental skills
- Integrated cooperative games and dance activities into the curriculum to promote

engagement and enjoyment

- Ensured alignment of lessons with Massachusetts educational standards ●
- Monitored student progress and provided support to facilitate learning objectives

St. Michael's Academy, Springfield, MA Fall 2022 Part Time Student Teacher

Pre-K

Class size: 2-4

- Provided instruction and support to pre-K students in alignment with Massachusetts standards
- Developed and implemented physical education lessons aimed at enhancing students' physical fitness and developmental skills
- Tailored lessons to the unique needs and abilities of a small class size, ranging from 2 to 4 students

Coaching Experience:

Greenfield High School Football (Named Head Coach for Fall 2026)

Fall 2025

- Worked full time as an assistant coach. Worked mainly with the Quarterbacks.

Springfield College Football

Spring 2025 - Fall 2025

- Worked part-time as a student assistant, helped to coach the Quarterbacks and other positions on the Offense.

Extra Curricular Activities:

Springfield College Football

Fall 2021 - Fall 2025

- 4 Year Contributing Member of the Varsity Football Team
- 2 Year Starting Quarterback
- 4 Time NEWMAC League Champions
- 2 Time First Team All-Conference

Springfield College Physical Education and Health Education Club Fall 2021 – May 2025

- Club Member

Volunteer Experience:

Revitalize Springfield, Springfield, MA April, 2023

- Volunteered within local community to help locals with yarding and gardening tasks

Boys and Girls Club, Marlborough, MA May, 2019 ● Participated in program for personal development of elementary and middle school students

Work Experience:

Hope For Youth Families, Springfield, MA February 2025- Present

Classroom Management/aid

East Longmeadow School District, East Longmeadow, MA February 2025- May 2025

Long-term substitute (Physical Education)

Nashoba Regional School District, Lancaster, MA May 2024- Present

Building Sub (Mary Rowlandson Elementary)

St. Mark's Summer, Southborough, MA June 2023 - August 2025

Sports and Games specialist

Ropes Course Facilitation

Davis Farmland Mega Maze, Sterling, MA June 2019- August 2019

Maze Operation