

PAUL METARAS

Paul Metaras is a Physical Education and Health teacher with two years of full time classroom experience. He earned his Bachelor's degree in Physical Education from SUNY Cortland and is currently pursuing his Masters degree in Health Education at SUNY Brockport.

Throughout his career, Paul has focused on creating engaging, student-centered lessons in Physical Education that foster curiosity, creativity, and confidence in young learners. With a passion for promoting lifelong fitness, teamwork, and wellness, Mr. Metaras designs engaging lessons that build physical skills, sportsmanship, and healthy habits. He also serves as the coach for the school's basketball teams and organizes schoolwide events such as Field Day and Pep Rally that bring the GAI community together through active participation and school spirit.

Outside of teaching, Mr. Metaras enjoys following professional athletics, and exploring his Greek heritage.



A TRADITION OF EXCELLENCE