

**COACH
NELSEN**

7th/8th Grade FITNESS



COURSE OVERVIEW

The goal of this class is to encourage life-long physical fitness. This class focuses on movement and physical activity. Students will participate in numerous exercises on a daily basis (such as: plyometrics, running, weight lifting, circuits) and recreational games.

Grades

Grades will be available in the ESD Portal—students and parents should have their own individual log ins.



<u>Quarterly Breakdown</u>	
Participation	50%
Bellwork	30%
Dressout	10%
Assignments/ GEN Z Duties	10%

<u>DAILY GRADE</u>		
10pts.	<i>Excellent</i> effort for <i>ALL</i> of the activity	A+
9pts.	<i>Great</i> effort for <i>Most</i> of the Activity	A
8pts.	<i>Good</i> effort for <i>Most</i> of the activity	B
7pts.	<i>Satisfactory</i> effort was given	C
6pts.	<i>Little</i> effort was given	D
5pts.	<i>Very little</i> effort was given	F
0pts.	Did not dress/participate	F

CLASS MATERIALS:

- PE UNIFORM
(Grey T, black logo)
(Black shorts, with white logo)
*SSAS Hoodie and plain black sweatpants are allowed on cold days
- Tennis Shoes w/ Laces
- Clear Plastic Water Bottle
- Deodorant

****Please put student's name/initials on ALL items****

****Please keep a spare PE uniform and tennis shoes in school locker to avoid negative consequences****

****It is suggested to have a separate drawstring backpack for PE clothes.****

P.E. Exemptions:

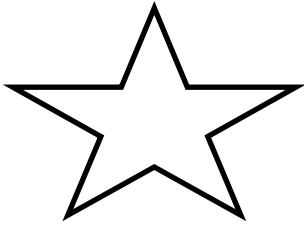
If a student is ill or injured, PLEASE PROVIDE A STUDENT WITH A WRITTEN EXCUSE. Student **will still dress out** for a grade and assist with activities. (2-3 days at most)

Doctor's Excuses-Students will use class time as a study hall and work in the intervention classroom. Please make sure to bring school work!

HOW TO REACH ME:

- Hollienelsen@ssas.org
- (941) 330-1855 ext. 1110

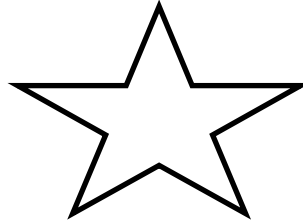
Keep this in your class folder.



S.T.A.R.S. COACH NELSEN'S FITNESS CLASS REWARD PROGRAM

- S**-Staying on task
- T**-Trying your best
- A**-Active listening
- R**-Respecting self, others,
and equipment
- S**-Sportsmanship and
responsibility

*Earn stickers for your
card to win prizes and
special incentives!!*



Engage, Enlighten, Empower

STUDENTS WILL BE GOING OFF CAMPUS!!

Places that we will possibly be going for class activities include:

- ◆ Gillespie & Pioneer Community Parks
- ◆ Evo Athletics (must be earned)
- ◆ Sarasota Sailing Squadron (must be earned)

****Please notify teacher by email if you do not give permission for your son or daughter to leave campus with his/her fitness class!!**

2019-2020 GEN-Z Physical Education:

This year we will be focusing on creating a community dynamic within the class. It will be Student-centered, Student-prepped, Student-led.

Students will be given a specific job title, description, and duties to preform each class as part of their grade.



HEALTH CLASS

The physical education department will continue to teach health topics one day a week for the 1st semester to the 7th/8th graders.

The 7th/8th grade health topics include the following but are not limited to:

- ◆ Tobacco, Alcohol, Drugs
- ◆ Depression/Suicide

Topics Taught By Outside Agencies:

- * STDs/STIs—CARES OUTREACH (*8th grade ONLY)
- * Healthy Relationships—SPARCC
- * What you do online matters—Child Protective Center
- * Alcohol Awareness—MADD

LOCKERS

Students are assigned a locker to use during the class period. All students are encouraged to use a locker. Items lost, stolen, or damaged are not the responsibility of SSA+S.



Give Me Five:

1. Eyes on Speaker
2. Quiet
3. Be Still
4. Hands Free
5. Listen



PROCEDURES, PROCEDURES, PROCEDURES

- Enter locker room quietly and get changed quickly.
- Put all personal items in your locker.
- Use the restroom/get a drink.
- Report to your assigned roll call seat.
- **IF YOU DO NOT HAVE YOUR UNIFORM OR TENNIS SHOES:**
- Pick up a writing assignment and begin working on it.
- Do not talk with other students.
- Turn in writing assignment at the end of class. (*behavior essay if not completed at the end of class*)
- 1st and 2nd offenses=No Dressout Writing Assignment
- 3rd offense=Behavior Essay to be completed in class along with an email home
- 4th offense or more=Referred to Mr. Leach with email home

RULES & CONSEQUENCES

Rules

- Show respect to teachers, students, and other's property.
- Follow all directions.
- Raise your hand to be called upon.
- Be prepared to exercise every day.

Consequences

1. Warning (silent look or verbal)
2. Write the Rules of the Gym
3. Behavior Essay w/ email home
4. Referred to Mr. Leach w/ email home
5. County Referral



RESTROOM/ DRINKS

- ◇ **SHOULD BE TAKEN CARE OF BEFORE AND AFTER CLASS, WHEN IN THE LOCKEROOM**
- ◇ **STUDENTS MUST HAVE PERMISSION TO LEAVE THE ACTIVITY TO GET DRINKS/USE RESTROOM**
- ◇ **STUDENTS WHO HAVE A WATER BOTTLE MAY KEEP IT WITH THEM DURING THE ACTIVITY**

Contract and Information Sheet

Student Name: _____ Class Period: _____

I, _____, have thoroughly read, understand and accept the expectations set forth for success in this classroom. My parent(s)/guardian(s) have also read, understood and accepted the terms set forth.

_____ Date: _____

Student Signature

_____ Date: _____

Parent/Guardian Signature

These expectations are due by Friday. This will be due at the beginning of class for a homework grade and must contain both a parent/guardian and student signature.

**Please notify teacher by writing in the space below if your student has any medical condition that may hinder participating in physical activity (ie: asthma—needs inhaler; allergic to bee stings—needs Epi-pen).

Return this page to your teacher by Friday.