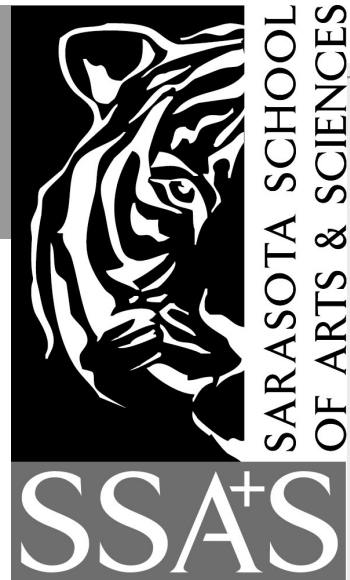


**COACH
NELSEN**

6th 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 (such as: plyometrics, running, weight lifting, circuits) and recreational games.

This class is a preview of activities for 6th graders to see if they would be interested in choosing fitness as their PE option for 7th or 8th grade, or both.

Grades

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



Quarterly Breakdown

Participation	50%
Bellwork	25%
Dressout	25%

DAILY GRADE

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.****

HOW TO REACH ME:

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

Keep this in your class folder.

S.T.A.R.S.

FITNESS CLASS ACCOUNTABILITY!

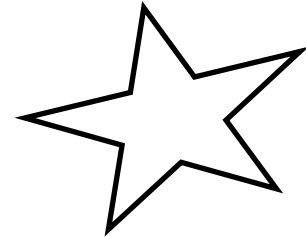
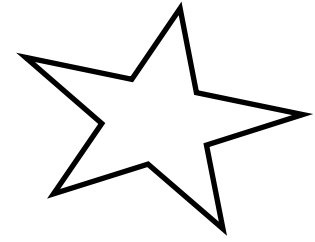
S-Staying on task

T-Trying your best

A-Active listening

R-Respecting self, others and equipment

S-Sportsmanship and responsibility



Engage, Enlighten, Empower

STUDENTS WILL BE GOING OFF CAMPUS!!

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

- ◆ Gillespie & Pioneer Community Parks

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

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! MUST have a doctor's release to return to activity.

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
- 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/ Connect Ed
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.