

COACH NELSEN

FITNESS



SARASOTA SCHOOL
OF ARTS & SCIENCES

COURSE OVERVIEW

The goal of this class is to encourage life-long physical fitness by teaching students to recognize, evaluate and develop the 5 health components of fitness which include: Aerobic Capacity, Flexibility, Muscle Strength and Endurance, and Body Composition. Students will take part in the following fitness assessments recommended by the Presidential Youth Fitness Program: Mile Run and PACER, Push-ups, Curl-ups, Sit and Reach, Trunk Lift, and BMI (height and weight).

This class focuses on movement and physical activity. Students will participate in numerous exercises (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 | 35% |
| Dress-Out | 30% |
| Bellwork | 30% |
| Assignments | 5% |

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

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.

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****

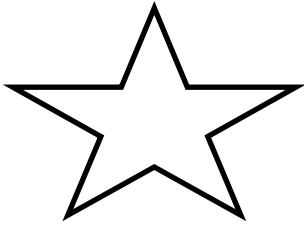
****Please keep a spare PE uniform and tennis shoes in school locker to avoid negative consequences****

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

HOW TO REACH ME:

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

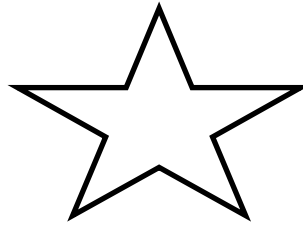
Keep this in your class folder.



**S.T.A.R.S. 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, Whittaker Gateway, Pioneer Community Parks
- ◆ Evo Athletics
- ◆ Sarasota Sailing Squadron

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

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

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.

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!

HEALTH CLASS

This year the counseling department will be pulling 6th grade students out of class one day a week for a semester long "Skills for success" 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



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**

Materials and Library Services

Parent Permission for Student Viewing of Video

Instructions: The purpose of this form is to notify you, the parent or legal guardian, that a PG, PG-13, R, NR video will be shown to your child's class. Please Read the information below pertaining to this material and write your child's name in the area provided and check the appropriate line at the bottom of this form. If you have questions or concerns, please contact me directly.

Sign and Return the completed form by **FRIDAY FOR A 100%!**

Teacher: Nelsen
Contact Info: hollienelsen@ssas.org
Video Rating: G/ PG/PG13/R
School: SSA+S

MPAA (Motion Picture Association of America) Ratings Guide

G – General Audiences

*PG – Parental Guidance Suggested (Some materials may not be suitable for young children)

*PG-13 – Parents Strongly Cautioned (Some materials may be inappropriate for children under 13)

*R – Restricted (Anyone under 17 must be accompanied by a parent or adult guardian)

*NR – Not Rated (Film was never rated)

Films that may be shown in full :
(strike through any films that you object to)

McFarland, USA (PG)

Films that will be shown in excerpt:
(strike through any films that you object to)

This material has been selected by the teacher because it supports the classroom curriculum and supports one or more of the guidelines listed below for selecting appropriate material for instruction:

Education significance
Reading Level

Need and value to course
Relationship to course of study

Timeliness or Permanence
Organization/Presentation of content

The principal has been notified that a rated film will be used in the classroom for education purposes: Yes No

Student Name: _____ **DOB:** ____/____/____

_____ **I grant permission for my child to view the aforementioned videos.**
Appropriate assignments and/or tests will be used to evaluate the subject covered.

_____ **I do not grant permission for my child to view the aforementioned videos.**
Provisions will be made for your child to have supervised, comparable instruction during the viewing time. Students whose parents do not grant permission to view the material will not be penalized.

Parent/Guardian Signature Date ____/____/____

***Permission is required for viewing**

Return this page to your teacher by Friday.

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.

Student Signature

Date: _____

Parent/Guardian Signature

Date: _____

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.

CONTACT INFORMATION

| | |
|--------------------------------|--------------------------------|
| 1 st Guardian Name: | 2 nd Guardian Name: |
| E-Mail Address | E-Mail Address |
| Home Phone# | Home Phone # |
| Cell Phone # | Cell Phone # |

Return this page to your teacher by Friday.