

---

WELCOME TO SAC HEALTH & FITNESS



---

# YOUR TEACHERS

---

Mr. Kuehn (1, 2, 5, 6)

- [robku@spokaneschools.org](mailto:robku@spokaneschools.org)
- (509)354-5434

Mr. Ellis (0, 3, 5)

- [petere@spokaneschools.org](mailto:petere@spokaneschools.org)
- (509)354-5435

Mrs. Jacobs (1, 2, 3, 6)

- [caitlynja@spokaneschools.org](mailto:caitlynja@spokaneschools.org)
- (509)354-5436

# GOOD THINGS TO KNOW

- Backpacks/Binders/Computers
- No Cell Phones
- No AirPods/Headphones
- No Toys
- Please ask to use the restrooms
- Doors/Exits
- Crisis Drills/Fire Drills
- Athletics – Final Forms

# DAILY ROUTINE

- Entering & Exiting the Gym
- Attendance
  - At seat when bell rings
- Locker Rooms
  - In-and-Out
  - Lock Everything
- Free Time
  - Equipment
  - Safety
- Fitness Development
- Main Activity
- Fitness Center
- End of Class
  - 2-3 minutes to change
  - Back to seat until bell rings

## DAILY, YOU WILL BE EXPECTED TO...

- **Work Hard**
  - Just knowing about health and fitness does not improve your level of fitness or make you healthy. You have to be an active participant.
- **Be Responsible**
- **Be Respectful**
- **Be Safe**

# WORK HARD


- Participate in a variety of cardio, muscular strength and endurance fitness activities
- Daily Movement
- PER Level 3
- Effort
- Sickness & Injuries
  - Short & Long-Term
- Written Academics (Cornell notes, tests, goal setting, personal health plan)

# BE RESPONSIBLE

- Wear appropriate workout attire
  - Sac Fitness Shirt
  - Shorts, Sweats, Leggings
  - Active Footwear
- Demonstrate responsible social behaviors
  - Cooperate with and include others
  - Support and encourage your classmates
- Absences: Make-Ups
  - Communicate when you'll be gone



# BE RESPECTFUL

- Others
  - Flag Salute/Announcements
  - Equipment/Facilities
  - Sportsmanship
- 



# BE SAFE

- Bleachers
- Free Time
  - Basketballs
- Equipment

# LOCKER ROOM EXPECTATIONS

- NO CELL PHONES ALLOWED
  - Wall Pockets
  - Backpack/Binder --> Locker
  - NOT in your pocket
- Lock everything up
- No food or drinks
- Clean up after yourself

# YOU ARE RESPONSIBLE FOR YOUR BEHAVIOR

If we run into any problems...

- Verbal warning
- We will have you sit out for a period of time. We will come visit with you and then invite you to rejoin the activity.
- Persistent behavior will be written up as a citation referral.
- If needed, we will have a meeting with your family and administration.

# INCENTIVES

- Fun Friday's!
  - Games/Fun Activities
  - Pacer/Fitness Development
  - Earn the Choice!
- Thunderbird T-Shirts

# GRADING



You will be graded on effort and participation, not how well you can perform a skill



We are looking for improvement throughout the semester

SAC FITNESS IS NOT ABOUT BEING BETTER  
THAN SOMEONE ELSE.

IT'S ABOUT MAKING YOURSELF BETTER  
THAN YOU WERE WHEN YOU ARRIVED AT  
SCHOOL TODAY.

---