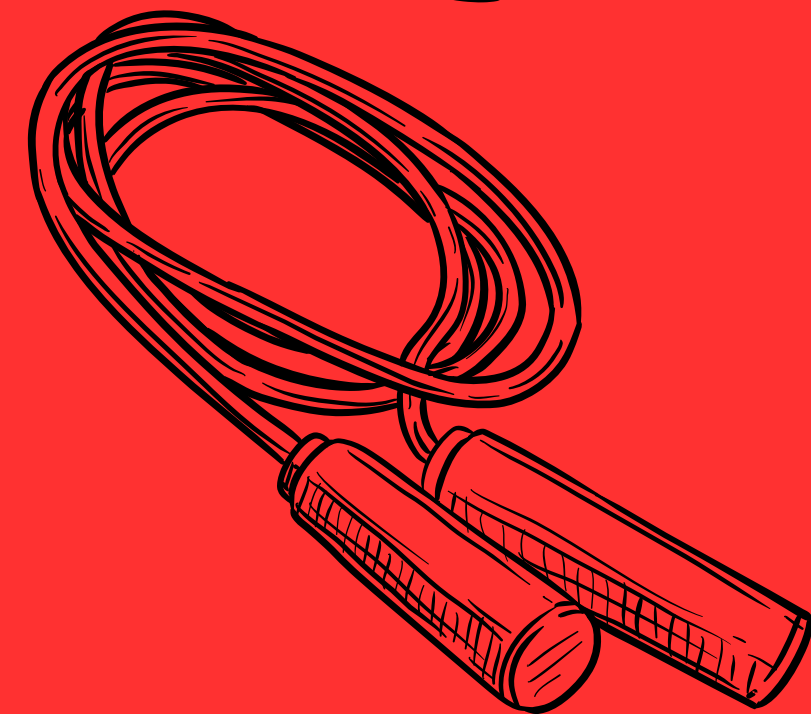
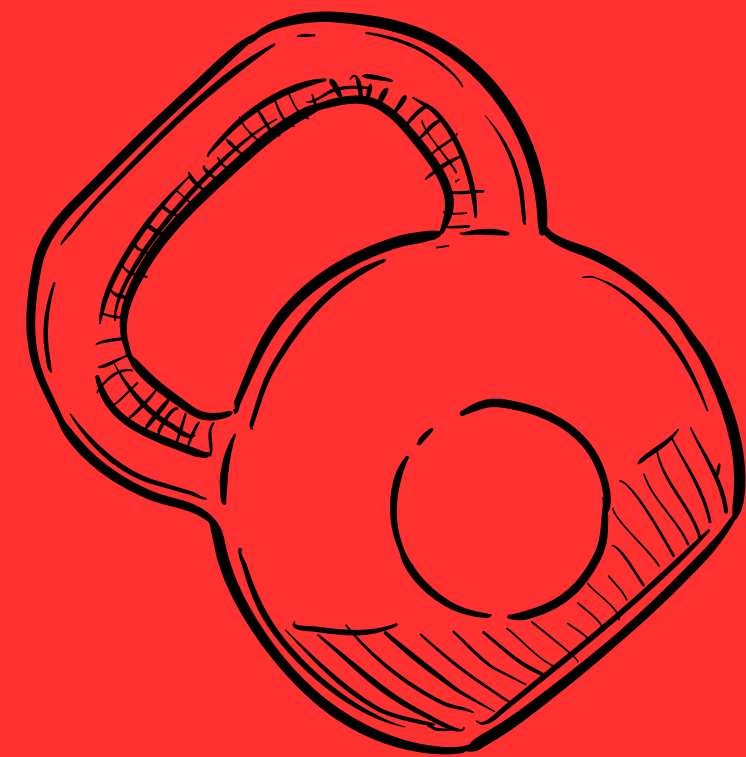


FITNESS AND WELLNESS

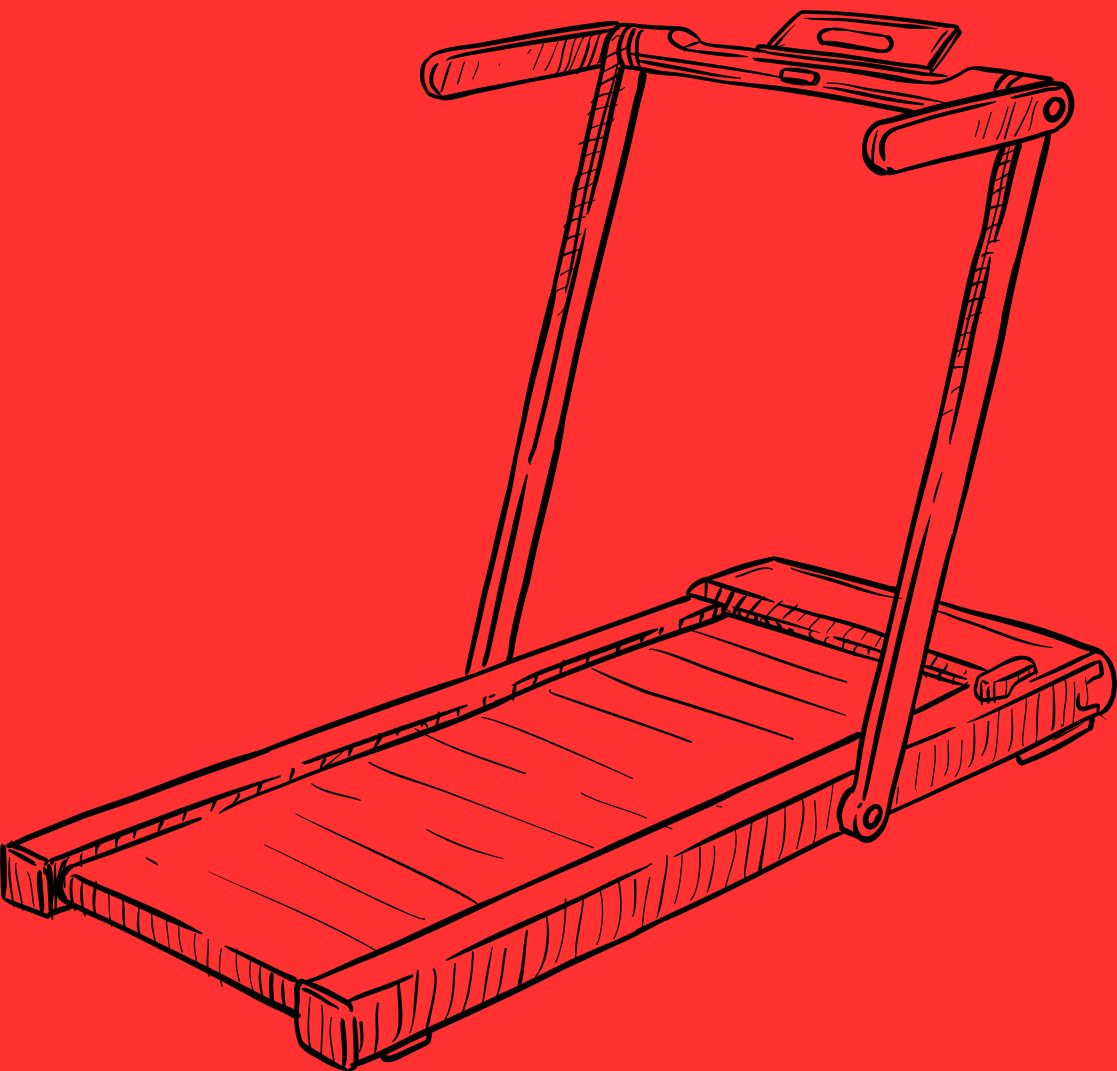
Strength and Agility

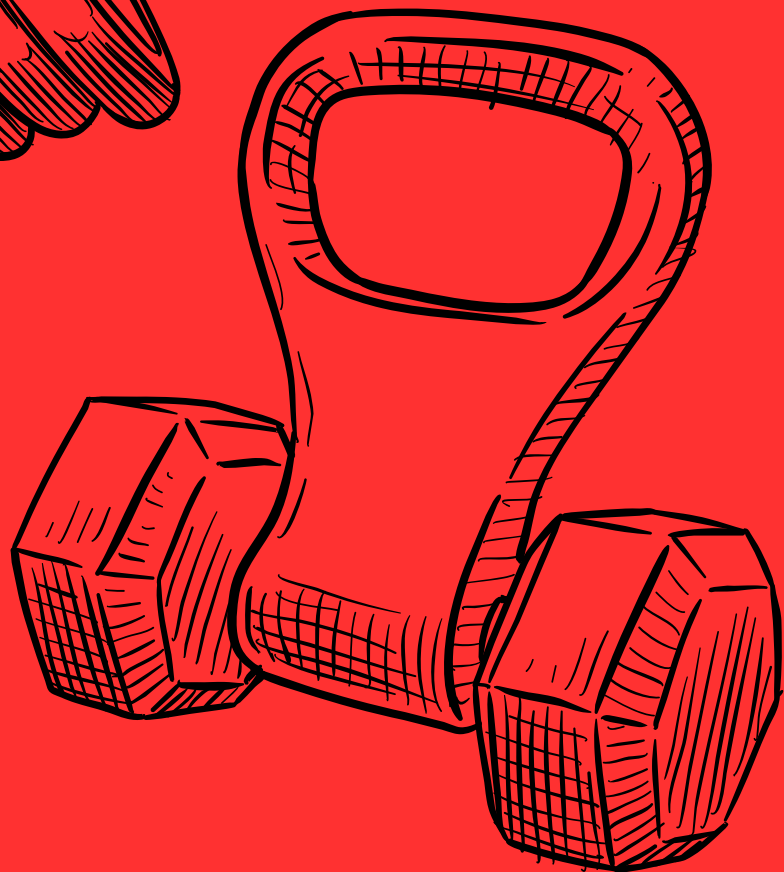
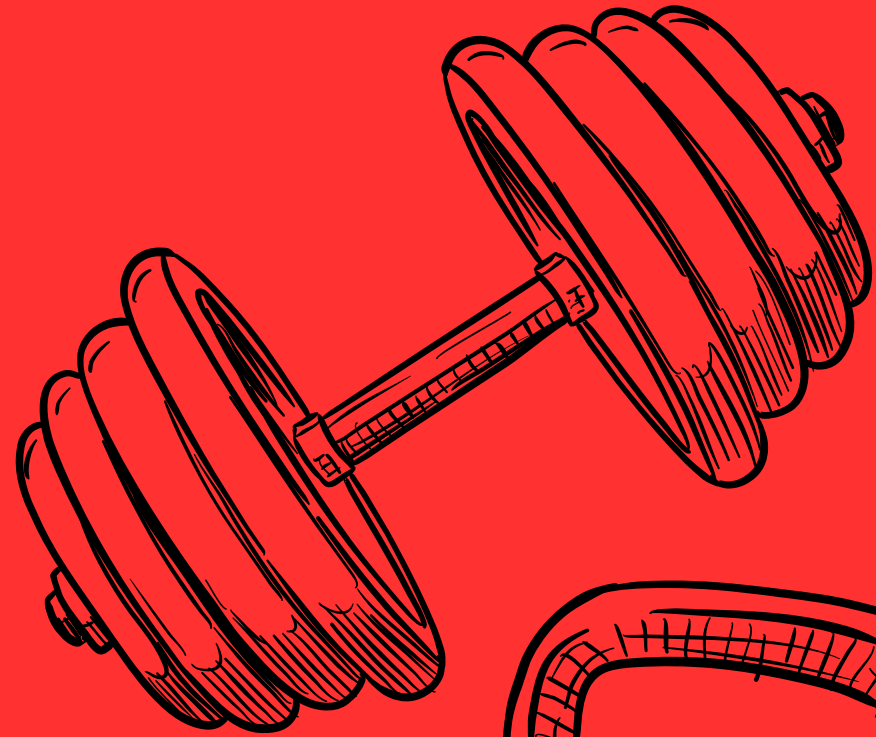
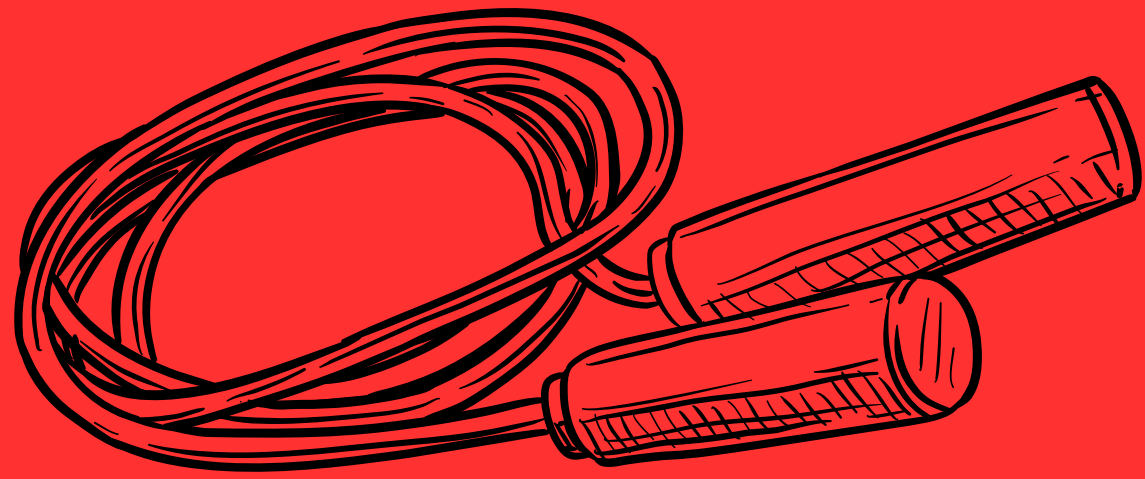




WHAT IS THIS CLASS?

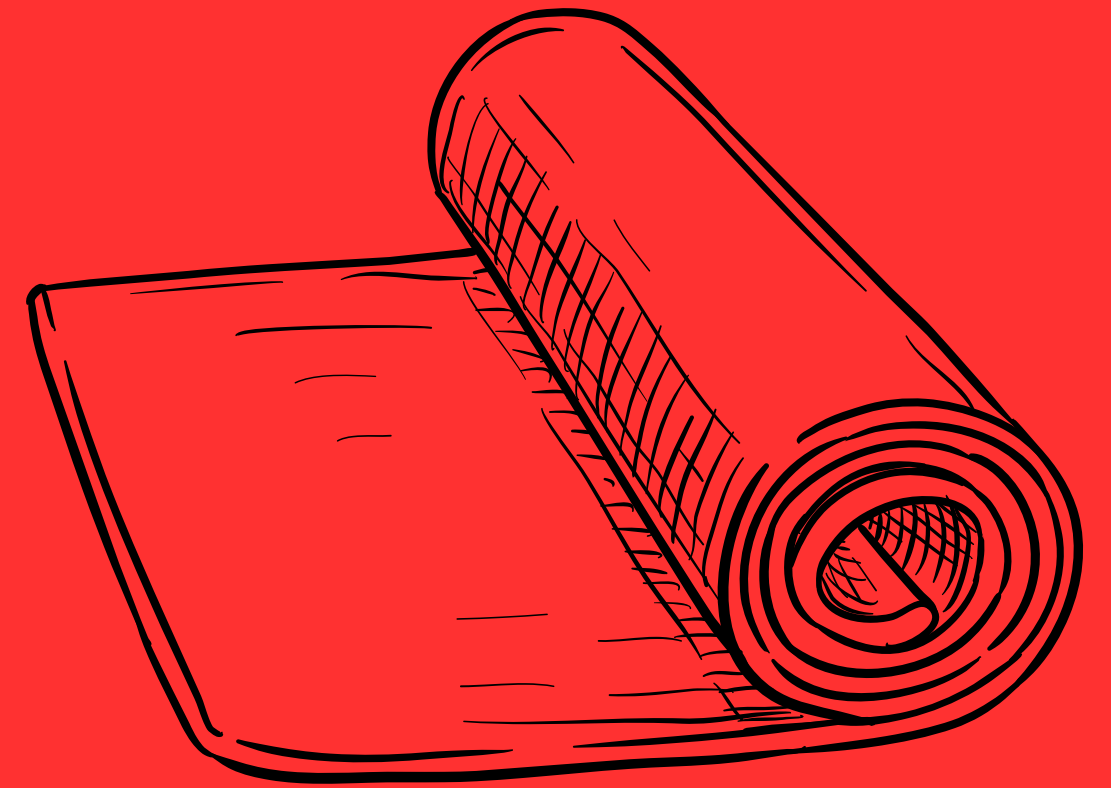
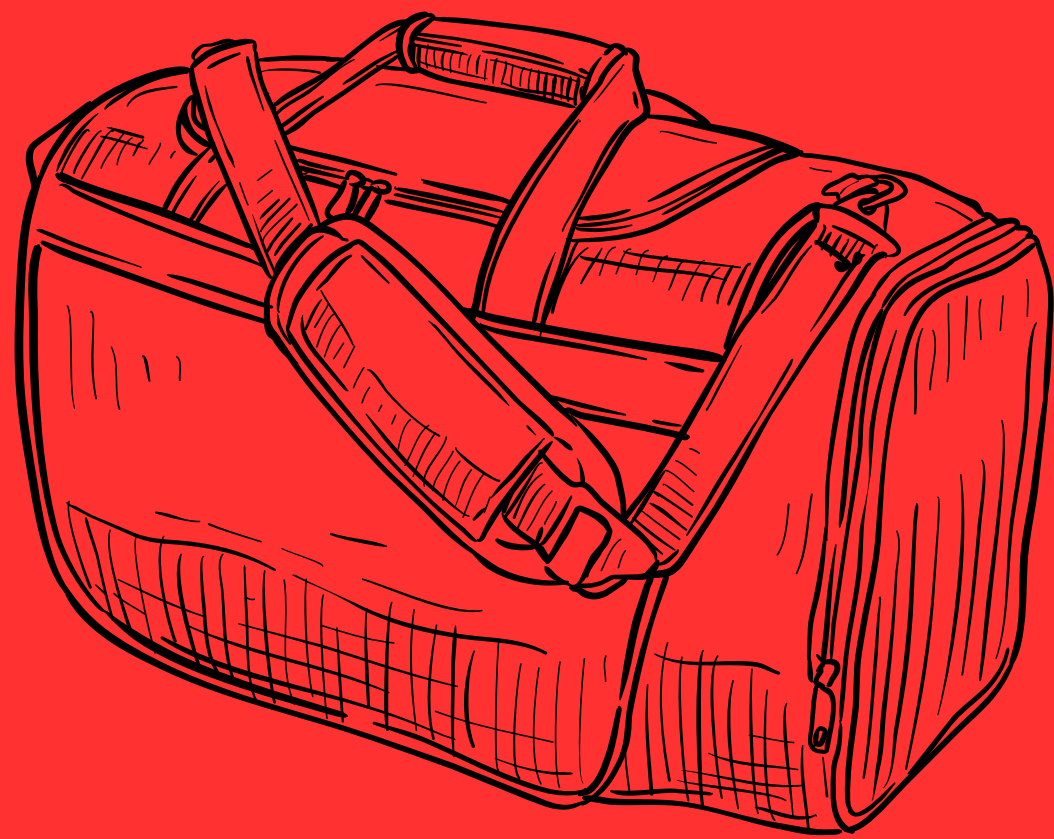
- Elective Option: Available for interested students.
- Duration: A semester-long course paired with SOAR (e.g., Fall: Strength & Agility; Spring: SOAR).
- Focus: Emphasizes strength, agility, flexibility, and overall wellness.
- Enrichment: Provides learning opportunities beyond the standard year-long SOAR curriculum.
- Enrollment: Limited to 15 students for the inaugural year.





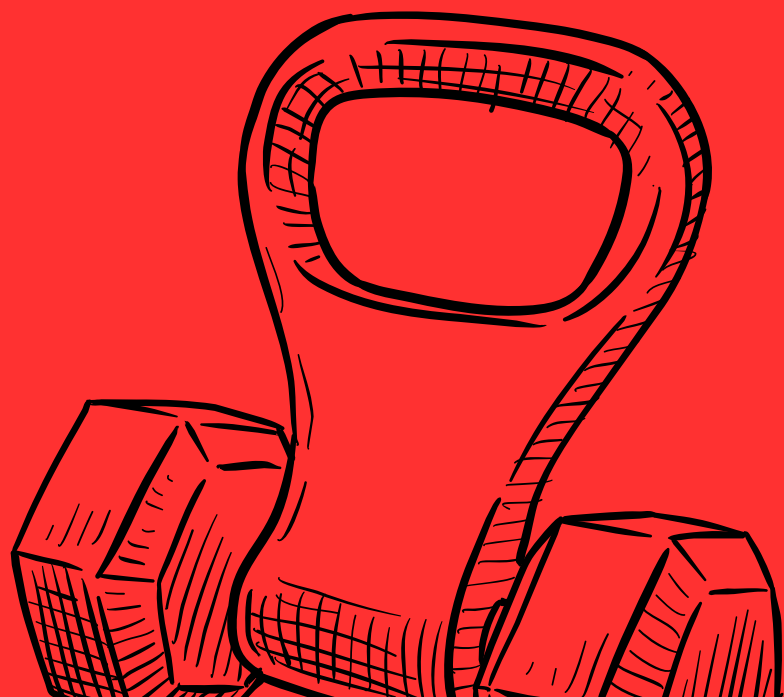
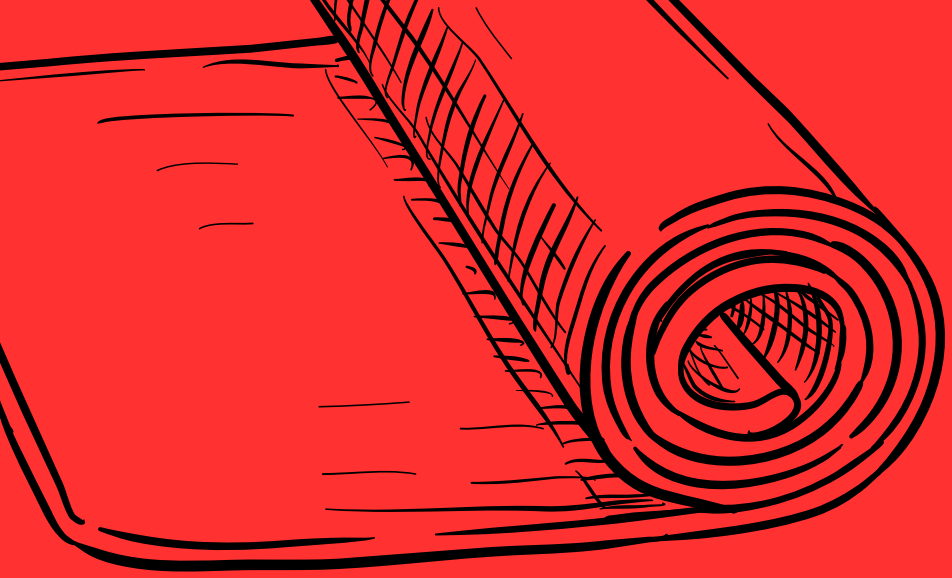
WHAT DOES THE CLASS LOOK LIKE?

- Would consist of various stations for students to engage in physical growth.
- Introduction to safe weightlifting techniques.
- Focus on resistance training, not massive weights.
- Focus on proper form and benefits of movement.
- Body weight exercises that can be done lifelong.



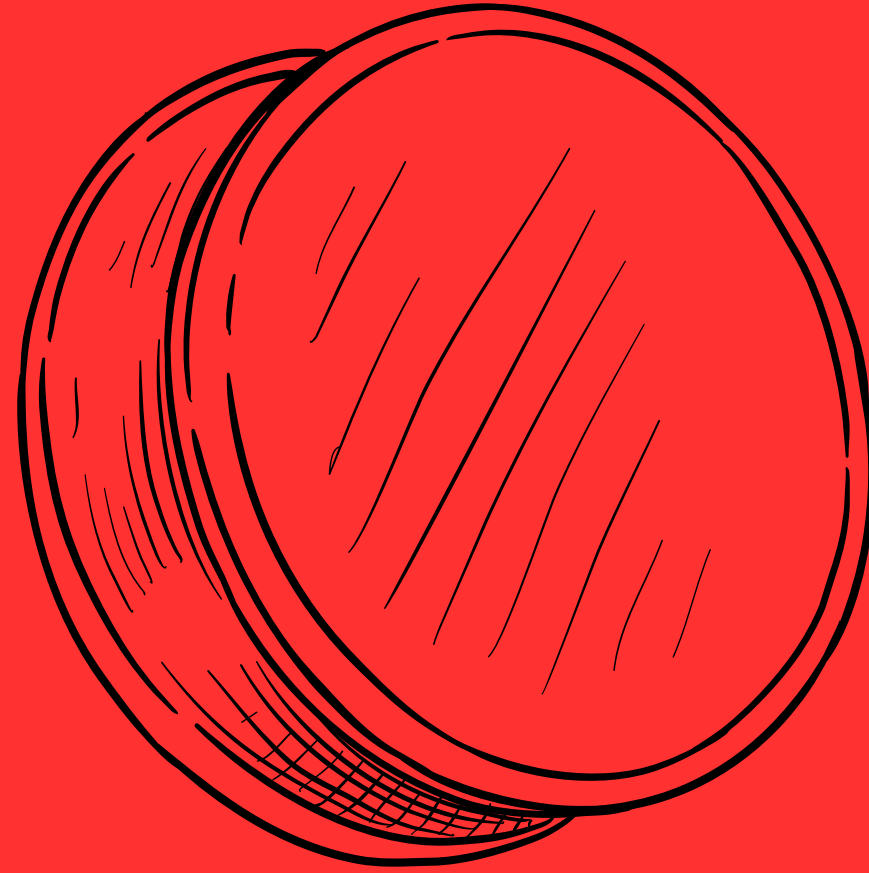
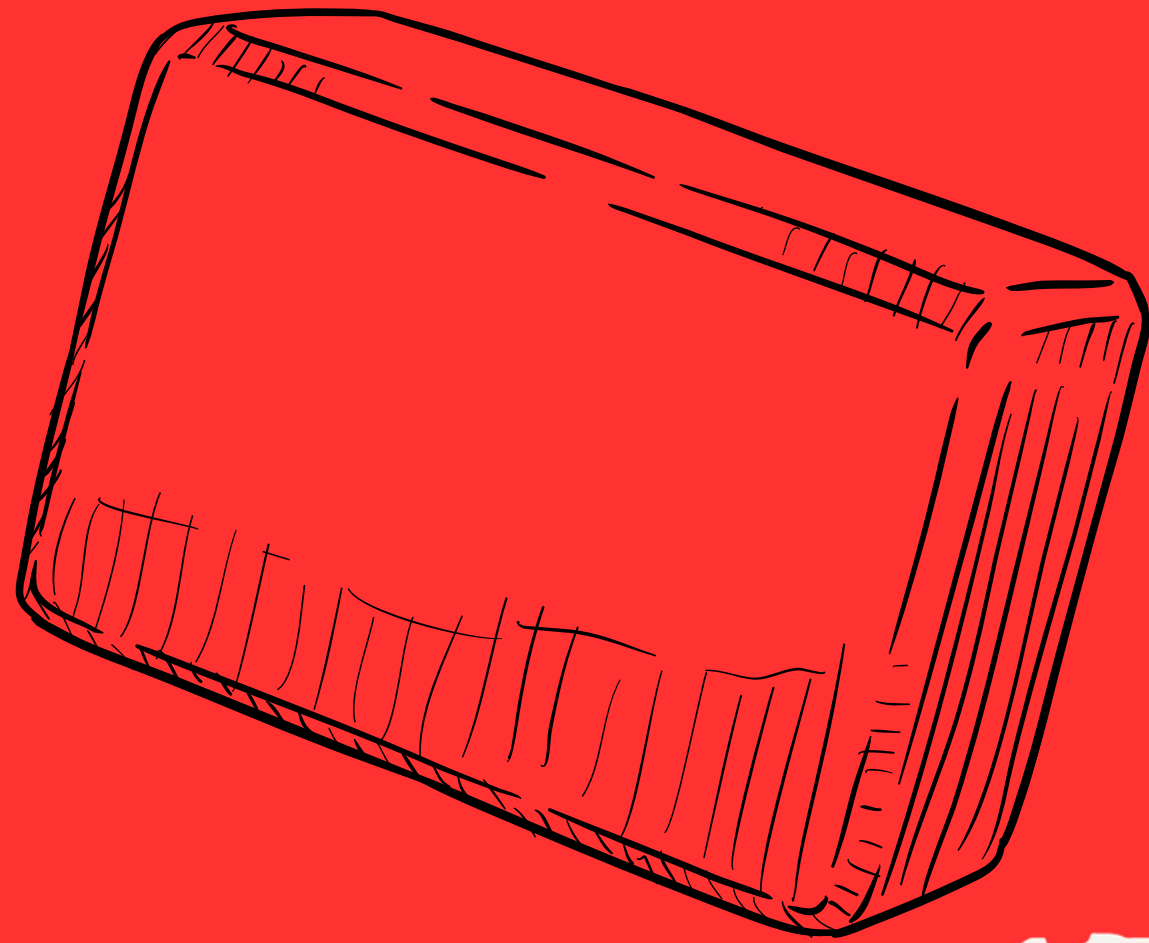
STATION EXAMPLES

- Core: planks, crunches, toe reaches
- Upper body: bench, curls, push ups
- Lower body: squats/body weight squats, lunges
- Flexibility/Balance: stretches, planks, etc.
- Medicine balls, Kettle bell - power/core/balance
- Heavy Ropes - shoulders, arms, upper back



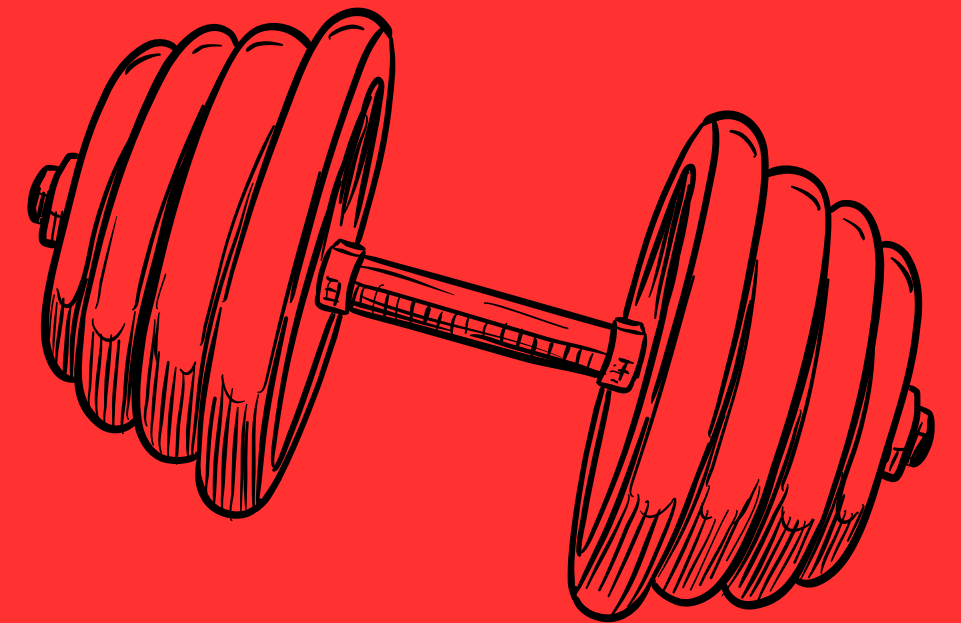
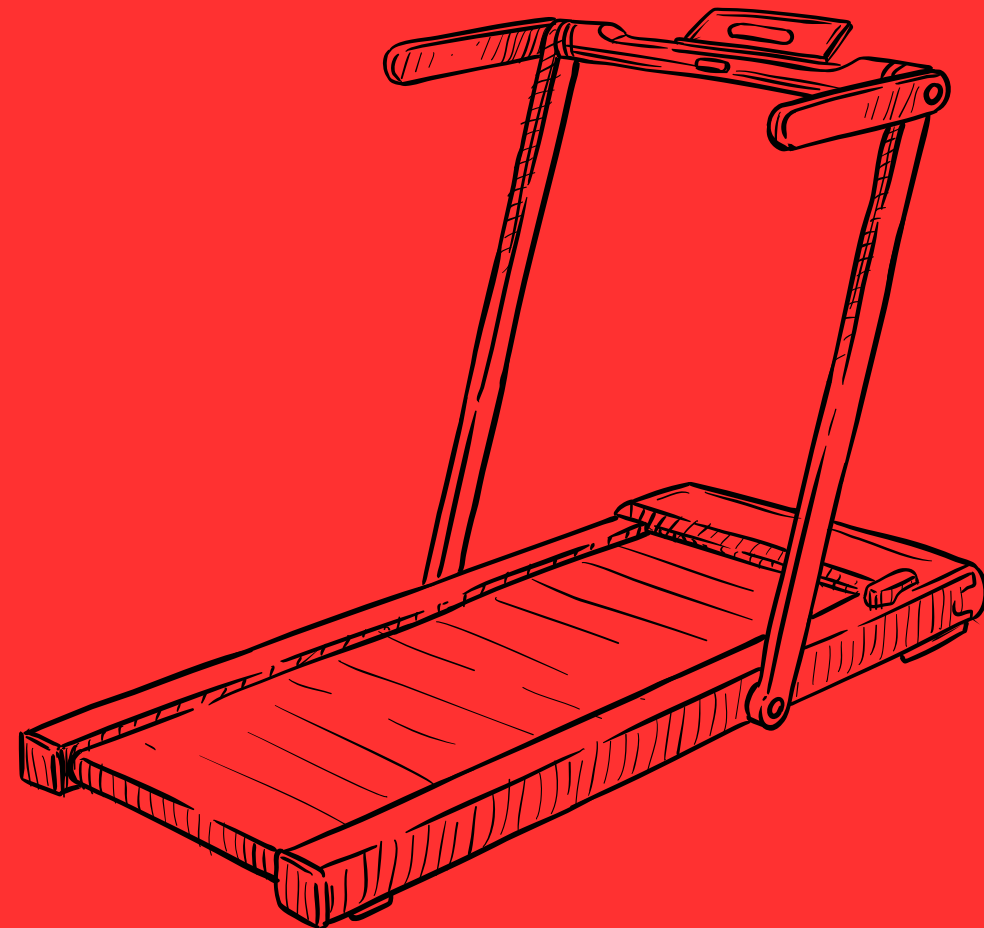
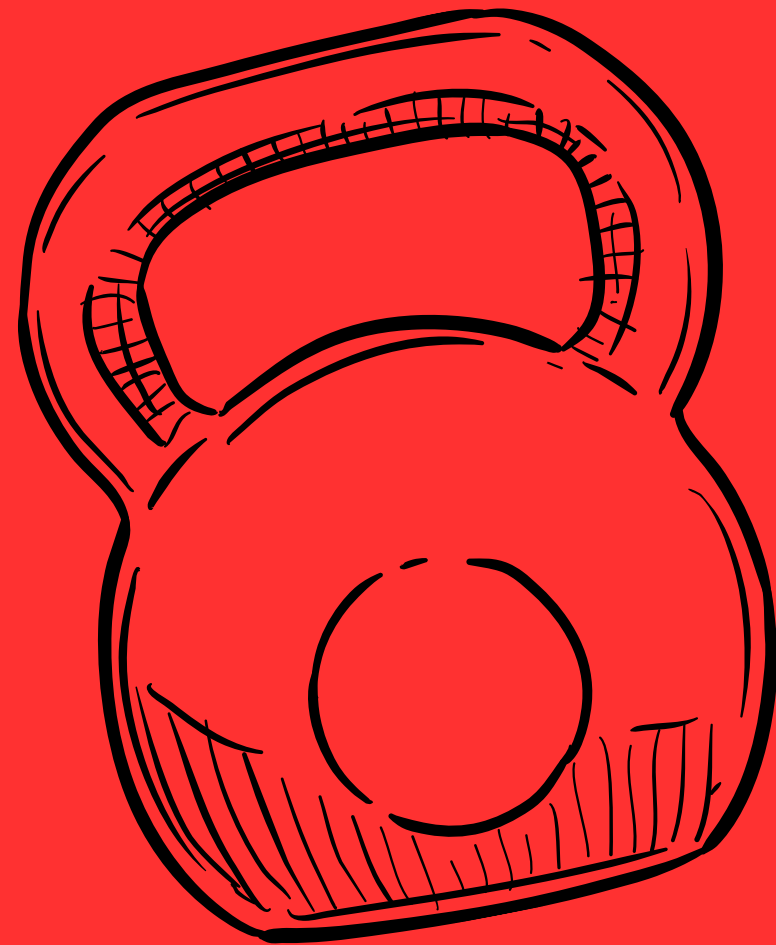
CLASSROOM DAYS

- Growth tracking at stations.
 - Goal setting
- Career Introduction: trainers, physical therapists, etc.
- Nutrition's role in a healthy lifestyle
- Fitness and technology - how to use, what there is.
- Recover, self care.
- Guest speakers - connects to careers



NUTRITION FOR FITNESS

Proper nutrition is the foundation of a successful fitness journey. Simple, healthy foods like apples provide essential vitamins and energy, fueling workouts and supporting long-term wellness.



ENGAGING STUDENTS

A healthy lifestyle is built on consistency, determination, and the right support. By extending learning to interested 8th graders on proper fitness, careers, goals, and overall health it will allow them to perform better and make their time more engaging and enjoyable.