

Health and Fitness



Be active!

Kevin Bauer
Health & Fitness Specialist
Room: Gymnasium
(253) 945-3719
Kbauer@fwsd.org

Family is the best role model for fitness, nutrition and safety.

Hello! I am Kevin Bauer the Health & Fitness teacher at Rainier View. This is my sixth year at Rainier View. This summer I kind of enjoyed roofing my house, landscaping and remodeling the garage. Well....at least I got some physical activity.

Program:

Health & fitness are critical to quality of life. Making healthy choices not only affects the student's health but that of their community as well. A healthy lifestyle allows students to be productive in society and make the most of their lives. The philosophy of the Rainier View Health and Fitness class is for students to have fun while being physically active and acquiring the knowledge and skills necessary for them to understand and appreciate the benefits of regular exercise and proper nutrition throughout their lives.

Learning and Assessment

In Health and Fitness class, students will experience various developmentally appropriate movements, activities, and games; as well as safety, fitness and nutrition concepts. Throughout the school year, students will bring home assignments that will require parent/guardian participation to help deepen the classes' knowledge about fitness, nutrition and health. Your participation and encouragement play a major role in your child's view of education and their self-concept. There will be several homework assignments per semester. It is important they turn it in on time. Students will be notified of the due date and if absent are responsible to check with their peers or myself to see what they may have missed in Health and Fitness. Assignments turned in late will result in a lower grade for that work. Homework will mostly apply to grades 3rd-5th.

Expectations:

1. Do your Best
2. Follow directions
3. Act Safely
4. Treat yourself, others and equipment with respect
5. Talk only when appropriate (includes making noises)

***Proper shoes (tennis/sneaker) are required.** Wearing inappropriate shoes is a safety concern and may restrict student performance and activity level. If students have a hard time remembering, please post a note at home or ask your classroom teacher if they may keep a pair of athletic shoes in their classroom. Students are reminded before each class to make sure they have their shoes secured. Lose shoes increase the likelihood of injury. Students wearing inappropriate shoes or not having them secured after first 2 weeks of school will be given a note home as a reminder.

If you ever have any questions or comments please let me know. I look forward to a wonderful year working with you and your child.

Best regards,

Mr. Bauer

