

Physical Fitness Coach (Grades K–8)

Role

Serves as the school's lead educator in physical fitness, motor development, and health education, providing structured physical activity programs that promote resilience, discipline, teamwork, and lifelong wellness. The Physical Fitness Coach plays a vital role in realizing ALA's Aristotelian commitment to nurturing mind, body, and character in harmony—equipping students to achieve *eudaimonia* through physical excellence and self-mastery.

Authority Level

Leads the planning, instruction, and assessment of the physical fitness program for all grade levels. Has full autonomy over physical fitness instruction, fitness routines, and wellness programming, while collaborating with instructional and administrative staff to ensure alignment with ALA's mission and student development goals.

Responsibilities

The Physical Fitness Coach fosters a culture of movement, effort, and well-being that supports academic readiness and personal growth. Through structured lessons and character-based coaching, the coach instills essential habits that develop student resilience, cooperation, and mental clarity—all fundamental to academic and personal success.

Physical fitness Instruction

- Deliver standards-aligned instruction in physical fitness, motor skill development, sports fundamentals, and lifelong wellness habits
- Design and implement developmentally appropriate lessons for K–8 students, with progressive skill-building and age-specific movement goals
- Teach core elements of cardiovascular health, muscular strength, endurance, flexibility, balance, coordination, and healthy lifestyle choices
- Integrate physical activity with academic learning goals, such as literacy-rich movement stations and math-based fitness challenges

Health, Wellness, and Character Integration

- Reinforce concepts of self-discipline, perseverance, respect, and cooperation through team games and individual challenges
- Promote healthy decision-making and emotional self-regulation through fitness routines, mindfulness practices, and structured physical outlets
- Support student understanding of nutrition, sleep, and personal care in connection to overall academic performance and resilience

- Integrate character education through coach-to-athlete mentorship, modeling sportsmanship and virtuous behavior in physical settings

Assessment and Student Growth Monitoring

- Use fitness assessments, observation checklists, and goal-tracking tools to monitor individual progress in physical development
- Track student participation, engagement, and growth toward physical literacy benchmarks
- Adjust instructional plans based on performance data, student needs, and observed motor skill development
- Collaborate with classroom teachers to support students with sensory, attention, or coordination needs through tailored physical strategies

Equity, Safety, and Inclusion

- Ensure inclusive participation by adapting activities for students with physical, cognitive, or emotional differences
- Uphold safety procedures and maintain equipment and space in a manner that supports secure, active movement
- Provide a positive and respectful learning environment where all students feel encouraged to engage and excel
- Foster an appreciation for physical activity as a lifelong tool for wellness, focus, and confidence, especially for students underserved in this domain

Collaboration and Professional Practice

- Collaborate with the School Administrator and instructional team to integrate physical fitness into the broader academic culture
- Communicate regularly with families about student effort, milestones, and strategies for physical activity at home
- Participate in schoolwide events, field days, and extracurricular fitness programs that extend learning beyond the gym
- Engage in ongoing professional development focused on health education, movement science, and student-centered physical instruction

Alignment with ALA's Mission and Educational Philosophy

- Embody ALA's three pillars: Academic Excellence, Character Development, and Physical Fitness through every facet of instruction

- Reflect Aristotle’s philosophy by promoting physical excellence as vital to the full development of human potential and virtuous action
- Uphold an essentialist framework through structured instruction in physical literacy, while fostering constructivist engagement through movement-based exploration and teamwork
- Reinforce the belief that physical fitness strengthens intellectual performance, emotional regulation, and ethical behavior

Reporting Structure

Reports To: School Administrator

- **Collaborates With:** Humanities Teachers, STEM Teachers, SPED/ELL Coordinator, Instructional Coach, and Academic Director
- **Receives Support From:** School leadership, wellness resources, and ongoing professional development in physical fitness and health instruction

Physical Fitness Coach

Minimum Qualifications

- High School Diploma
- Coaching certification from a national youth organization
- 18 clock hours of Health and Safety Training
- CPR & First Aid Certification
- Safe Sport Certification
- Arizona IVP Fingerprint Clearance Card
- Knowledge of youth physical development or kinesiology

Experience

- 1 year coaching youth in school or community programs

Core Competencies

- Inclusive physical fitness and movement safety
- Motivational leadership and team-building
- Conflict mediation and character modeling
- Health and wellness literacy

- Designs fitness challenges that promote discipline and perseverance
- Incorporates SEL (social-emotional learning) into physical activity
- Engages families in healthy lifestyle initiatives and events