

FIT ACADEMY: ACADEMIC PROGRAMMING – 2019-20

Guiding Philosophy

FIT Academy believes that children who are healthy, happy, and primed for learning will succeed academically. That is why we begin the journey of teaching and learning by paying attention to the whole child. Our goal is to provide a rigorous academic program supported by the healthy participation of our students in physical education and health.

Academic Program

Our educational program consists of effectively coordinating the following priorities:

- Understanding and adherence to the state academic standards
- Development of content or curriculum supporting the building of foundational knowledge
- Implementation of research proven effective teacher directed instructional practices
- Regular and effective use of data to inform instruction
- Focus on a language rich environment & teaching literacy across content areas
- Effective multi-tiered system of interventions

Academic Scheduling

General K-5 School Schedule:

Morning Meeting: 20 Minutes

English / Language Arts: 90 Minutes

Mathematics: 60 Minutes

Science & Social Studies: 40 minutes (alternating days)

Health & Physical Education: 30-40 minutes (alternating days)

Art & Music: Once per week

World Languages: Alternating days following Table 1

Recess/Extended Brain Breaks: 30 minutes per day

All-Star Training: 40 minutes per day

General 6-8 School Schedule (7 period day):

First hour serves as advisory

Morning Brain break 10 minutes

English / Language Arts: 45 minutes

Mathematics: 45 minutes

Social Studies: 45 minutes

Science: 45 minutes

Health & Physical Education: 45 minutes (alternating days)

Art & Music: 45 minutes (alternating days)

World Languages: Everyday 45 minutes following Table 1

Recess/Extended Brain Breaks: 15 minutes per day

Project Lead the Way (STEM): Imbedded in science/math twice per week semester 1

Intervention (Math and/or Reading): Everyday instead of world languages for students who qualify

Table 1: World Languages Sequence

	French	Chinese	Spanish	Goal
K	30 minutes	30 minutes	30 minutes	Exposure
1	20 minutes	60 minutes (emphasis)	20 minutes	Exposure
2	20 minutes	20 minutes	60 minutes (emphasis)	Exposure
3	60 minutes (emphasis)	20 minutes	20 minutes	Exposure
4		Everyday (2 x in 2019-20)		Focus
5			Everyday (3x in 2019-20)	Focus
6	Everyday (4x in 2019-20)			Focus
7	Specialization (Spanish for 2019-20)			Specialize
8	Specialization (Spanish for 2019-20)			Specialize
HS	Specialization (Spanish for 2019-20)			Specialize