



Eleanor Roosevelt High School

411 East 76th Street • New York, NY 10021 • Tel: 212.772.1220 • Fax: 212.772.1440
Dimitri Saliani, Principal www.erhsnyc.org

Zumba

Course Description-

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries. Zumba Fitness combines rhythms from reggae, salsa, merengue, cumbia, hip-hop, bollywood, and many more. Get ready to dance and have a good time.

Zumba Goals:

Students will be able to

1. Execute basic skills in various dance forms including salsa, merengue, reggae, and cumbia.
2. Recognize these skills in examples of a professional dance shown in class.
3. To improve Strength, flexibility and endurance.
4. To foster an appreciation for the physical and mental demands of dance training.

Student Expectations for Zumba

Being prepared for class means

1. Wearing athletic attire that is worn ONLY during your PE class. The attire requires students to change into and out for classes.
2. Students not in compliance will receive a zero for the class.
3. Wearing athletic footwear during Zumba. Sandals, shoes or boots are not acceptable.



Eleanor Roosevelt High School

411 East 76th Street • New York, NY 10021 • Tel: 212.772.1220 • Fax: 212.772.1440
Dimitri Saliani, Principal www.erhsnyc.org

Being on time for class means:

1. Arriving at your assigned attendance spot no more than five minutes after the period begins.
2. Arriving late two times is considered a zero.

Being personally responsible means:

1. Follow directions the first time they are given.
2. Treat people and their property with respect.
3. Follow safety rules at all times.
4. No gum, food, can or drinks in the gym at any time.
5. Participate in class activities and give a good effort.

Participation in Zumba means:

1. Student shows effort and works on consistent basis.
2. Student shows the ability to work together with fellow classmates.
3. Student will demonstrate proficiency in selected complex physical activities that provide conditioning for each fitness area.

Zumba Excuse Policy

Since Physical Education is a participatory course, attendance and participation are vital to the success of every student.

1. Medical excuses must be signed by a doctor and must include a beginning and an ending date. If you are medically excused from participating in Physical Education, you are ineligible for participation in all athletic activities.
2. Medically excused students are responsible for completing bi-weekly assignments.



Eleanor Roosevelt High School

411 East 76th Street • New York, NY 10021 • Tel: 212.772.1220 • Fax: 212.772.1440

Dimitri Saliani, Principal

www.erhsnyc.org

Grading Policy

1. Students will receive one of the following grades.

Pass- Student has ***met or exceeded*** all requirements during MP.

D- Student in jeopardy because of **3 Zeros** in one MP.

Fail- Student had received **4 or more Zeros** and will not receive credit for MP.

Locks and Lockers

Students are responsible for bringing in their own lock during class. At the conclusion of the class, students will remove the lock and take it with them. Any locks left on the lockers are subject for removal by the custodian. Eleanor Roosevelt is not responsible for any lost or stolen items.