



Tallahassee Classical School

Fitness & Folk Dancing — 2025-2026

Teacher: Dr. Derrik Nelson
850-296-1970
dnelson@tlhclassical.org

About the Curriculum at Tallahassee Classical:

Tallahassee Classical School aims to educate scholars to be lifelong learners, seeking truth, goodness, and beauty in the world around them. Therefore, TCS offers a content-rich curriculum with a focus on math, science, literature, history and Latin, incorporating the love of music, art, and physical education. When a scholar attends and engages at TCS for their entire educational career, they will learn not only facts, vocabulary, and literacy but how to integrate this knowledge in order to communicate effectively and clearly, and to develop high-level skills in logic and argumentation.

Simply put, TCS teaches its scholars **how** to learn. Tallahassee Classical School's curriculum is centered around three stages:

1. **The Grammar Stage** (K-6), where scholars learn vocabulary, or building blocks, to build upon for their remaining education. In this stage, TCS uses the following curriculum: Literacy Essentials, a variety of classical works of literature and poetry, Well-Ordered Language, Institute for Excellence in Writing, Dimensions Math, Core Knowledge History and Science, and English from the Roots Up.
2. **The Logic Stage** (7-8), where scholars use dialogue to understand, sort, and compare the vocabulary they learned in the Grammar Stage. In the Logic Stage, TCS uses the following curriculum: A variety of classical works of literature and poetry, Well Ordered Language, Lost Tools of Writing, Reveal Math, Land of Hope and Core Knowledge History, and Wheelock's Latin.
3. **The Rhetoric Stage** (9-12), where scholars use their grammar and logic knowledge to solve problems and research all sides of an argument, creating true philosophers who contribute virtuously to the world around them. In this stage, TCS uses the following curriculum: a variety of classical works of literature, poetry, philosophy, history, and economics, Traditional Logic, Aristotle's Logic, Dave Ramsey's Personal Financial Literacy, Reveal Math, Florida Standard Aligned Science, and Wheelock's Latin.

Classical curriculum includes classical works of art and music, and parents should be aware that all classical works of art, literature, and music contain topics and pieces that may be considered inappropriate or offensive to some in today's culture. Faculty and administrators work together to ensure that sensitive materials are taught only when age-appropriate. If you have any questions about topics covered in your scholar's class, please contact his or her teacher or an administrator.

1. Course Description

This course provides hands-on, laboratory-based instruction focused on physical fitness and folk dancing with singing. Scholars will engage in a variety of exercises using dumbbells, kettlebells, bodyweight movements, cardio routines, and traditional folk dances and songs.

2. Student Learning Outcomes

1. Perform and demonstrate:
 - a. Healthy and safe lifting form
 - b. Memorization of exercises
 - c. Increase in strength and physical endurance
 - d. Folk dances and songs
 - e. An encouraging and supportive attitude at all times

3. Required Materials

- Gym/yoga mat
- Water bottle
- Composition notebook
- Pencil with eraser

4. Assignments

1. Daily attendance, preparation, and participation are required. This includes engaging fully in lifting or dancing activities, bringing your notebook and pencil to class, and contributing positively to the group.
2. Scholars will participate in several group assessments, demonstrating their ability to accurately perform learned dance routines.

Grading Policy:

Grading is a measurement of progress. TCS will assign grades in order to accurately reflect the range between true mastery and non-mastery of a subject. Grade inflation is not practiced at TCS. Parents, guardians, and scholars should be regularly informed of the scholar's progress by accessing the FOCUS parent portal to see their child's grades. The letter and numerical grades

for this system are listed below:

Grading Scale Rhetoric GPA points

A	90-100%	Excellence	4.0
B	80-89	Above Average	3.0
C	70-79	Average	2.0
D	60-69	Below Average	1.0
F	0-59	Failing	0.0

*A weighted 5.0 scale is used for honors classes.

Scholars' grades will be calculated based on the following makeup:

Classwork (*Effort & Participation*)/Homework: 20%;

Quizzes: 30%;

Tests (*Group Tests of Dancing Routines*): 50%

Grading Policy

➤ Grades are not 'curved,' as it defeats the purpose of assessment – to measure/demonstrate the knowledge of the scholars.

➤ Test retakes are permitted in extraordinary circumstances at the discretion of the teacher or administrator. ➤ Scholars must make up work and assessments in a timely manner. A scholar may have one day for each day that they had an excused absence to make up assignments. After that, 10 points will be deducted per day from missing assignments, and after five days, it will be marked as a zero in the gradebook. In exceptional circumstances, a scholar may be excused from various assignments or assessments, per teacher discretion.

➤ Cheating will not be tolerated by any teacher in any subject. Cheating occurs when a scholar uses someone else's work or a prohibited source of information to gain an unfair advantage on a test or an assignment. Cheating comes in many forms such as one scholar copying off another, a scholar using a "cheat sheet" to answer questions on a test, or a scholar trying to pass off another scholar's work as his own are a few common examples of cheating. A scholar who knowingly allows others to copy his work will also be considered cheating.

Scholars will keep a copy of this syllabus in their take-home binder for parent and scholar reference.