



INDIAN SCHOOL AL WADI AL KABIR

TEACHER – AEROBICS (PREPARATORY STAGE)

JOB PROFILE – ROLES AND RESPONSIBILITIES

The prime role of an aerobics teacher is to be a strong facilitator. He/She is required to teach, manage and motivate the students to achieve the highest possible standards of fitness individually. The teacher will be supported by his/her superiors. The teacher is expected to exercise leadership, demonstrate vision, and guide and mentor his/her students to grow holistically.

Additionally, the teacher should be a competent professional with in-depth knowledge of the subject with best practices and legal educational processes. In addition to having excellent communication skills, an ideal aerobics teacher will also demonstrate outstanding presentation and interpersonal abilities.

Key Responsibilities:

1. Planning and Delivery:

- Develop and implement structured aerobics lesson plans aligned with the physical education curriculum.
- Ensure classes are fun, engaging, and tailored to meet the developmental needs of middle school students.

2. Fitness Education:

- Educate students on the benefits of physical activity and its impact on overall health and well-being.
- Teach proper techniques, breathing exercises, and movements to prevent injury and maximize effectiveness.

3. Student Engagement:

- Create a positive and inclusive environment that encourages all students to participate.
- Motivate and inspire students to adopt healthy lifestyle choices and maintain regular physical activity.

4. Safety and Supervision:

- Monitor students during activities to ensure safety and proper form.
- Address and manage any incidents or injuries promptly and appropriately.

5. Collaboration and Communication:

- Work closely with the physical education department and other staff to align with school objectives.

- Communicate with parents and guardians about student progress and provide recommendations for continued physical activity.
- 6. Assessment and Feedback:**
 - Assess students' fitness levels and provide constructive feedback for improvement.
 - Maintain accurate records of attendance, participation, and performance.
- 7. Professional Development:**
 - Stay updated on the latest trends and practices in aerobics and fitness education.
 - Attend workshops, training sessions, and seminars as required.

Skills and Attributes:

- Energetic, approachable, and able to engage students in physical activities.
- Creative in designing diverse and enjoyable exercise routines.
- Committed to promoting health and wellness in a school setting.
- Ability to manage groups effectively while maintaining discipline and enthusiasm.

Work Environment:

- Middle school designated fitness area.
- Occasional outdoor activities or school events may require flexibility.

This role is perfect for individuals who love working with children, are passionate about fitness, and want to make a positive impact on students' lives.

The duties and responsibilities of a Sports Coordinator when shouldered responsibly, taking full accountability, leads to an effective working environment where every teacher is given due importance. Note, the above-mentioned areas are covered extensively. The Sports Coordinator will attend to all other additional duties as per the need of the hour, in the best interest of the institution and make contributions and recommendations from time-to-time to uphold the name of the school.

Reports to: The PE HOD / AVP / VP