

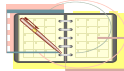
# Walking For Fitness

## ACTIVITIES



### Daily Fitness and Exercise

- Walking
- Off Campus Walking, Whitewood, over Freeway and energy stop and back to school up Clinton Keith 2miles.
- Speed Workout
- Journal/Fitness Log



This class is designed to teach the fitness principles that will enable students to develop lifetime interest in exercise and fitness to promote good health throughout their life. An emphasis will

be placed on Waking for Fitness, tracking of fitness progress and accountability for ones own fitness.

## Non-Suits

Gym clothing, athletic shoes, shirt and shorts are required for class participation. **No Tank Tops. No Spanks.** A student not dressed as stated, will not be allowed to participate, losing class points. A **non-suit is Minus 10 pts. & Saturday School.** Loaners are available 2 times per semester, with a **student I.D. Only!** Loaners not available on Fridays. Proper attire is required for personal hygiene, safety, injury prevention and flexibility for the activities.

## Locker Room

\*Must purchase a lock from VISTA MURRIETA in order to check out a locker.

\*Backpack is stored in tall locker using lock purchased to lock things up during class ONLY.

\*PE clothes and supplies are kept in small assigned locker.

\*If you forget your combinations come into the office for help. After one week of locker use, there will be a 20 push-up fee in exchange for locker combinations. **MEMORIZE your COMBINATIONS!!! Write them down!!!**

\*After you are dressed leave the locker rooms! Walk around the basketball courts until your Coach Calls you to roll call.

\* Refer to Student Handbook for more information.

## Medical Excuses

A parent note is accepted for only 3 days and must include: Name, Date, Specific reason for non-participation, Signature and Phone Number. A doctor's note is accepted for **extended injury or illness.** **Over 1MONTH please see your counselor.** \**Makeup work is required for any medical.*

## Makeup Work-out. 10pts.

**Possible.** Offered Every Monday Late Start 7:30 AM – 8:15. Come dressed and ready to go. Locker rooms will not be opened until 8:15. You may not makeup unexcused, truant, suspended or OCI absences. **(8 maximum)**

➤ **Due 1 week after absence.**

## Grading

**\*Each Day worth 10 Points**



## Unit Test/Final

*Students will develop a 4 week walking fitness plan. Write a one page paper focusing on the benefits of walking for fitness and include a summary or reflection of their own fitness log.*

## Equipment Needed

**\*Journal Book or day planner to track progress. (Checked every other week)**

**Teacher: Mrs. Robinson**

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