

Walking for Fitness

Welcome to the New Year, I hope everyone had a restful and fun break and are ready for the new year.

Grading policy

Daily participation= 10 points

How do I keep all 10 points?

1. Suit up in PE shirt and shorts
2. Make sure that you do not bring gum or food to class-water only.
3. You must participate in all warm up activities/stretchers and class activities.
4. Participate in the daily walk
5. Follow all directions and participate quietly
6. Have fun and smile a lot
7. You may lose up to 5 points for each of these infractions.
8. For each non suit you will lose 20 points.
9. Loaners are available everyday but MONDAY

If you are sick you need to bring in a written note from your parent/ guardian that excuse you from class and you are still expected to be suited.

If you miss class due to an absence from school that is not school related you may make up the 10 participation points by writing an article on health or fitness to earn back your ten points.

Find an article on health or fitness and it needs to be at least one page. Then write a report on what you learned or thought about the article.

You have 2 weeks after your absence to turn in your assignment. Once 2 weeks passes I will not accept any make up work.

Please take this home and have your parents sign it and return it tomorrow. Thank you and I look forward to another semester.

Mrs. Robarts

Student Name _____ Date _____

Student signature _____

Parent Signature _____ Date _____