

Lifetime Fitness (Walking Class)

Crook County High School

Updated September 2017

1. Students will be walking off campus during this PE class; students are still under the supervision and expectations of the Crook County High School rules and regulations according to the student handbook.
2. Students will respect the community and the neighbors. No loud music, no foul language, littering and basic respect for other students and the surroundings is expected.
3. We will follow the rules and grading policies of the Crook County High School PE Department. It should be noted however, that attendance and participation are critical for success in this class.
4. This class is designed for the student who does not want to participate in the traditional PE class.
5. This class will give the student a lifetime skill and ownership for the development of their personal fitness.
6. Students will discover the bi-products of exercise, such as, increased energy, stronger immune system, improved cardio-vascular system, weight loss, friendship and an appreciation of their surroundings.
7. Class Expectations:
 - a. We always walk in pairs or groups!!
 - b. We wear proper walking shoes that have good support
 - c. We wear weather appropriate clothing (coats, hats, gloves/mittens)
 - d. We must personally carry or partner with someone that has a cell-phone for emergencies.
 - e. You can use personal devices for music but they must be used with individual earphones and no loud music may be heard. No sharing of ear phones.
 - f. You are personally responsible for the security of your own belongings (you will not be issued a PE locker)
 - g. Students will be allowed to carry water only (no coffee, pop, energy drinks, etc.)
 - h. We will walk in all conditions with smiling faces! Weather permitting; the teacher will determine when class will remain at the high school. Be prepared every day to walk.
 - i. This class is a lab class and will be **graded on Attendance & Participation.**
 - j. Daily points will be tallied and posted into the grade book on Friday's as a weekly point total through, the final day of the semester grade.
 - i. **90-100 = A 80-89 = B 70-79 = C 60-69 = D 0-50 = F**
 - k. Makeups are allowed for absences and students needs to make arrangements with teacher for make-up time.
 - l. For the safety and accountability of students in class: **Check in/Check out attendance will be taken daily!**
8. Class Goals
 - a. We will walk at a 15-18 min/mile pace on selected off campus courses and master them while being courteous and safe pedestrians.
 - b. We will appreciate the outdoors and develop friendships along the way.