

WALKING CONDITIONING



Walking Conditioning is designed to give you a great cardiovascular workout using a form of exercise that is fun, easy, and effective. You will be doing a variety of walking/jogging activities on the track and off-campus. You will be challenged to increase your walking speed and distance as well as incorporate jogging into your routine. Cross training with resistance and flexibility exercises will also be included. This class works on all components of fitness.

We will be doing several tests to assess your fitness level in the following areas: Cardiovascular fitness (aerobic capacity), Muscular Strength and Endurance, Flexibility, and Body Composition. You will be responsible for recording your results from these evaluations and setting goals based on the results.

Grading

Daily Participation: You will receive up to 5 points per day. Class activity must be performed at the individual's top level of performance. The parent/guardian permission form must be signed and returned by the last day of the first week of the semester or not all daily points will be earned. Written assignments include logs, goals, tests, quizzes, fitness assessments among other activities.

Homework and Make Ups

A total of eight excused absences per semester may be made up within two weeks after

being absent to regain the missed participation points. After the allowed eight make ups the points are subtracted from the student's grade. Specifics of this are discussed in class. One make up is one hour of physical recreational activity outside of class documented with a parent/guardian signature. If a student is absent, written work is due the day of their return.

Class Expectations

The school wide tardy policy is in effect.

We expect you to come to class prepared to participate in the workout chosen for that day. You are not graded on your ability, but your EFFORT! You will see improvements in your fitness level if you work hard each day!

No food, drink or gum are allowed.

Electronics are NOT allowed during class, except for special situations where we are using the camera or a fitness app. On the off campus activities they are allowed if turned off, only to be used in an emergency.

We will be walking/jogging outdoors on a regular basis. Please dress appropriately for whatever the weather may bring.

Injury If a student goes to a Dr. with an injury or limitation, unless absolutely necessary to not participate please have the note reflect what they might be able to do. Examples are a broken finger might still allow a student to walk, a sprained ankle might still allow upper body

Mountlake Terrace
High School

Ms. Labki

Important Information

- My Phone: 425-431-5744
- My e-mail:
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WALKING Conditioning GRADE SCALE:

A= 95-100% A- = 93 - 94.9
B+= 91—92.9 B = 88 - 90.9
B- = 86 - 87.9 C+= 84 - 85.9
C= 81 - 83.9 C- = 77 - 80.9
D= 70 - 76.9
F= below 70%

Walking Conditioning Dress/Locker Room Guidelines

Please, do not bring valuables to the locker rooms as security cannot be guaranteed. You are required to bring a lock from home to further secure possessions. Never leave belongings unlocked. Do not bring backpacks to class (lock them up). Personal electronic devices are not allowed in class. All belongings must be removed from P.E. lockers at the end of every semester. Remaining items will end up in lost and found and then donated to charity. Locks left on lockers will be cut off.

You must be suited up each day in order to receive participation points. Non-suited days are loss of credit for the day and cannot be made up. While P.E. has no "uniform," the requirements are tennis shoes, athletic type shorts or sweats, tee shirt (void of inappropriate messages and no tanks) and a lock. Hats are not allowed indoors. Non Suits may not be made up.

