

Walking Wellness

Who should take this: Anyone and Everyone!!!



- Walking leads to a longer life
- Walking lightens mood
- Walking can lead to weight loss
- Walking strengthens muscles
- Walking improves sleep
- Walking gives you energy
- Walking makes you happy
- Walking can be social



Arundel High School Health and Physical Education Department

We will investigate a variety of types of exercise walking, assess present fitness levels, establish realistic goals, explain the importance of all parts of the exercise session, develop proper warm-up and cool down routines, apply fitness principles to an exercise session, reflect on the effects various types of walking have on the body, describe proper attire to be worn while exercising in all types of weather conditions, and explore alternative cardiovascular exercise choices.

- **Dress:** Arundel PE shirt, Arundel PE shorts, Athletic shoes, socks
- Phones? NO
- Participation
- Doctor vs. Parent notes
- Grades: Assessments = 65%
Classwork = 15%
Homework = 10%
Quarterly Benchmark = 10%
- Make-up assignments for LEGAL absences
- Maintaining the Gym
- Typical Class

❖ If you choose to **NOT** have your student videotaped/photographed for scholastic purposes, please sign below and return to your student's teacher.

Student Name: _____ Student Signature: _____

Guardian Name: _____ Guardian Signature: _____