

2009 HEALTH / PHYSICAL EDUCATION FITNESS WALKING ROUTE ASSIGNMENT

Welcome to Fitness Walking 2009! You and a classmate will create a fitness walking route then will have the opportunity to lead the class on your route. The guidelines, expectations, and checklist for this project are attached.

Any questions about this project should be emailed to me at csideco@icacademy.org

DUE DATES FOR VISUAL MAP AND TURN-BY-TURN DIRECTIONS:
2nd PERIOD – TUESDAY JANUARY 13 beginning of class
6th and 7th PERIODS – WEDNESDAY, JANUARY 14 beginning of class

Assignment components:

1. VISUAL MAP (20 POINTS)

- Must contain directional arrows
- Must contain street names
- Must include landmarks, special conditions (for example – dangerous intersection)
- Must be on 8 ½ x 11 inch paper
- Must have the students' names on a corner of the map

2. TURN-BY-TURN DIRECTIONS (20 POINTS)

- Boundaries: West to Castro Street
- East to Guerrero Street
- South to 30th Street
- North to 18th Street
- Routes begin and end at Fair Oaks gate
- Must be on 8 ½ x 11 inch paper
- Must have the students' names on the TBT page
- Must have the time component written on the TBT page
- ***“Go down, go up” are not directions*****

3. TIME COMPONENT (10 POINTS)

- Route time must be between 45-50 minutes
- Route time must be written on Turn-By-Turn directions

In addition to these assignment components, you will be assessed on the following:

ORIGINALITY/CREATIVITY: (10 POINTS)

Route is original, not a similar or copy of another classmate's route

Route includes off-streets, hills

Route contains landmarks / points of interests

LEADERSHIP: (40 POINTS)

Route leaders will be responsible for leading the entire class in warm up, stretching, and cool down.

Route leaders are knowledgeable of their route.

Route leaders must set an appropriate walking pace.

Route leaders must reinforce safety procedures.

Route leaders positively encourage classmates.

Route leaders follow any specific instructions from the teacher.

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CHECKLIST

- Map is on 8 ½" x 11" paper
- Turn by turn directions are on 8 ½" x 11" paper
- Student's names are on both map and turn by turn directions
- Time component is noted on turn by turn directions
- Route is walked together by route leaders at least 2 times before assignment is submitted in order to verify walking time and correct TBT directions.

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