

Walking Fitness

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During this course, I hope to provide you with the skills and knowledge to understand and make informed decisions about your own health and wellness.

This class meets every other day for a semester. Let's make the most of it!

About This Class

During this class, we will focus on answering the question,

“What makes physical activity meaningful to you?”

Walking Fitness is a dynamic and engaging physical education course designed to promote lifelong fitness through the simple yet powerful activity of walking. Students will learn the benefits of walking for cardiovascular health, mental well-being, and overall physical fitness while exploring different walking techniques, routines, and outdoor environments.

Throughout the course, students will develop an understanding of how to set personal fitness goals, track progress, and adopt healthy lifestyle habits. Each class will include a mix of instructional content on fitness principles, warm-up exercises, walking sessions, and cool-down techniques. **This course will utilize the book 52 ways to walk by Annabel Abbs-Streets which will explore some of the many ways we can stay active while walking.**

This course provides students with the opportunity to engage in walking fitness while exploring the outdoor spaces of the Clayton community. Through walking in Shaw Park, Gay Field, Downtown Clayton, and the Clayton Greenway, students will enhance their physical fitness and gain a deeper understanding of the local environment. In this course students will have the opportunity to walk and explore all 4 corners of the clayton community and we will incorporate the natural landscape and urban settings of Clayton to create an engaging and active learning experience.

Our Community Goals

Each day, I will ask you to commit to the following:

- **Thumbs Up:** Be on board. Form positive relationships with your peers and instructors. Approach each day with a mindset of doing your best and supporting others.
- **Dice:** Take chances. Embrace new experiences and stretch your limits to improve your physical skills and mental resilience.
- **Cone:** Honor safety. Prioritize the physical and psychological safety of yourself and others. Respect personal boundaries, and be mindful of both your actions and the actions of your peers.
- **Rubber Chicken:** Have a purpose. While the goal is to improve fitness and skills, remember to have fun! Physical activity is most rewarding when you enjoy the experience and engage with enthusiasm.

Meaningful Physical Activity Graphic



Come Prepared

In order to cultivate and promote an enjoyable and inclusive experience for all students, changing for PE is optional. However, you are expected to wear athletic shoes every day for safety and comfort, and clothes that make you feel safe and comfortable while walking in the many locations that we will explore. Dress appropriately for the weather, as we will be outdoors in all types of conditions such as light rain, wind, snow, sunny and Gorgeous Days. Our goal is to ensure that every student can participate fully and enjoy the experience.

Locker Rooms / Classroom

We will meet each day in class Stuber B (Health Classroom). The classroom will be locked when the class leaves for our daily walk. Food is not allowed in the classroom since we are borrowing this space from another educator. You are encouraged to bring a water bottle to class for our daily walks.

Personal Electronic Devices (Cell Phones, Earbuds, Headphones, and Smartwatches)

Our goal at Clayton High School is always to maintain a distraction free, academic environment. In compliance with [Missouri Senate Bill 68](#) and [SCD Board Policy JFCD](#), students are prohibited from displaying or using personal communication devices during the school day (bell to bell). This is inclusive of lunch, Greyhound Time, passing period, and free periods. Personal electronic devices include cell phones, smartwatches, tablets, headphones, earbuds/headphones, and other similar devices. For the 25-26 school year, personal laptops (not iPads/tablets) are allowed for student use on campus. All other personal electronic devices will need to be put away (not visible) during the school day.

The expectation is that all students will have personal electronic devices put away, in a backpack or locker, during instructional time unless the teacher has given approved permission for use in specific instructional activities. Students who violate the personal electronic device expectations will be subject to progressive disciplinary consequences including, but not limited to, loss of privileges, detention, parental conference, and in school suspension. Exceptions to this rule may apply based on accommodations included in a student's 504, IEP or health plan. Exceptions to this rule may also apply in case of emergencies. As a reminder, students should only access the internet through district-provided networks during the school day.

Medical Excuses

If you cannot participate in class, please bring an excuse note written by a parent/guardian to Mr. Brechin. The note can be honored for up to two class periods. For extended medical excuses (longer than two class periods), a doctor's note is required. Doctor's notes should be given to Mr. Brechin, Nurse Lisa, or Kristin Saunders (the school's athletic trainer) upon arrival at school. ***A plan will be developed for class period and depending on the length of time we may have to explore different options for class.***

What will a typical class look like?

Class will always meet in Stuber B (Health Room).. If we need to meet in a different location, you will either be notified ahead of time or a sign will be posted near the gym doors.

1. Come into class and say hello and bring your best attitude..
2. Use the restroom, if needed, let Mr. Brechin know.
3. There is no assigned seating so have a seat with friends as I take attendance .
4. Instruction of day's activity.
5. Warm up activity.
6. Walking fitness.
7. Closure/Dismissal.

Grading

1. **Active Participation and Effort (40%): Spirit of the Greyhound**
You are expected to actively engage in all walking fitness activities, whether on trails, in the park, or during outdoor fitness challenges. Your participation will be graded based on your willingness to stay active, contribute to group activities, and maintain a positive attitude. The effort put into walking challenges will be factored into your grade. On days that are missed you are required to make up the walk for the day, depending on the walk you will have to show a distance you did on your own to receive your full credit of the week's walk.
2. **Class Assignments and Checkpoints (40%): Classwork**
There will be periodic assignments and fitness check-ins. These might include reflections on your walking goals, progress in specific fitness areas, or working on and completing class projects related to health and physical fitness. **Timely** completion of these assignments is essential to your grade.
3. **Meaningful Physical Activity (20%): Meaningful P.A. Wheel**
This component of your grade is designed to help you build a lifelong relationship with physical activity while incorporating the meaningful physical education wheel. It's about learning what works for your body, and celebrating your progress along the way. Meaningful physical education is one that empowers you to prioritize your health long after this class is over. These reflections could include journal reflections, exit slips,

one question quizzes, or think pair shares.

I will use feedback guides (rubrics) to assess your written assignments. We will use a Spirit of the Greyhound rubric for all other activities that are graded in class. When you check your grades online, you will notice the percentages 100%, 95%, 85%, 75%, and 65%, and the letters M, FM, and INS to show your understanding of the standards in this class.

- **75% or 65%** — The assignment can be revised and resubmitted within **one week** of when it was graded. It is the responsibility of the student to complete the revision.
- **Missing (M, 49%)** — The student was present for learning but did not complete the assignment. It can be submitted within **one week** of the assigned date.
- **Final Missing (FM, 48%)** — The assignment cannot be turned in.
- **Insufficient (INS, 0%)** — The student has been absent throughout the unit and there is insufficient information to assign a grade for the assignment.