

# *WALK - RUN PROGRAM*



## *Cedar Mountain Primary School*

### **WHAT IS IT?**

The Walk-Run Program at Cedar Mountain Primary School is a scheduled time just prior to lunch every day, Students walk, jog, or run a 1/4-mile course. Students also exercise and dance. Walk-Run is an integral component of the Physical Education Curriculum. Therefore, it is a part of students' physical education grade.

In order to prevent injuries, students must wear sneakers with shoe laces. Students may bring them to school, or keep them in school if the student does not want to wear them for the entire day.

### **WHAT IS THE RATIONALE BEHIND THE PROGRAM?**

It is a well-known fact that physical fitness is an important aspect of a healthy person. Walking, jogging or running is a pleasant and simple means of maintaining a healthy body throughout a person's lifetime. Obesity, hypertension, cardiovascular disease, and Type 2 Diabetes are on the rise. One of our program goals is to help the children develop healthy, active lifestyles and prevent these problems.

It's also a proven fact that cardiovascular fitness improves academic scores and grades.

In addition, exercise in the fresh air before lunch stimulates the appetite and is physiologically better than exercise immediately after eating. Exercise eases the tensions of the morning and relaxes a person for better digestion and a more pleasant lunchtime. Another benefit of the program should be a cafeteria free of most discipline problems and misbehavior, since a constructive outlet has been provided for excessive energy.

## **WHERE WILL THE CHILDREN RUN?**

A 1/4-mile course has been planned. A time period is allowed. The course follows a path on the grass, with a paved area used in snowy or muddy weather. There will be no pressure on children for either distance or speed. They may choose to walk, jog, run or any combination they wish.

## **WHAT IF IT RAINS?**

The children will be out of doors in all but the most inclement weather. If it is extremely cold, the distance may be curtailed. Other schools where a Walk-Run Program has been initiated claim only about ten days a year in which weather is so bad that boys and girls cannot be outside. When we must remain indoors, students will participate in a period of less active exercise just prior to lunch in the gym. Sneakers are required for indoor activities as well.

## **WHAT IF MY CHILD IS TOO SICK TO RUN?**

If a child is too sick to walk the 1/4-mile course, then he or she may be too sick to be in school. Unless medically excused, all children are expected to participate in Walk-run.

## **WHAT IS MY ROLE AS A PARENT?**

In addition to your support of the program, it is important that you send your child to school with outerwear appropriate for the expected weather. A jacket or coat, a hat and gloves will be needed in the cold weather. A pair of sneakers with laces are a must. They may be kept in the school if you do not wish your child to wear them the rest of the day. Fashion sneakers, platform shoes, flip-flops, and sandals are not appropriate running shoes.

Mrs. Tabitha Brandt  
Physical Education Teacher

Walk-Run for Fun!  
.... And Health

