



Reynolds High School

Walking For Life 2024-2025 (Semester1)

Building Relationships for Academic Success

Instructor Name: Mat Rios

Phone 503-667-3186

Room Number: Commons/Track

Email Address mrios@rsd7.net

Required Materials: Students need to be properly dressed to walk. Proper shoes are vital for walking; we will be outside as much as possible. **If it is not raining or below 40 degrees we will most likely be outside on the track. Students should come prepared with jackets, gloves, and hats to stay warm if needed. Use your phone to check the weather ahead of time.**

Course Description – Walking for life is designed to provide regular fitness activity in a variety of environments. We will walk for a minimum of 60 minutes each day. The pace students will be walking will start out slow and progress as the semester goes on. The goal is to build fitness through daily walking, and track overall distance walked each day.

- **Standard 4-** Provide evidence of engaging in a physically active lifestyle.
- **Standard 5-** Assess and Analyze personal health-related fitness status.
- **Standard 6-** Demonstrate responsible behavior and respect for differences among people during physical activity.

Course Requirements – Students will be expected to walk for at least 60 minutes each day. A PE uniform is not required. Bring comfortable shoes to be worn both indoors and outside.

Grading Policy Description – Grading will be based upon the following: Total of 10 points per day.

- ***10-9 points-** Student walks at a brisk pace the entire period
 - ***8-7 points-** Student is walking at moderate pace the entire period
 - ***5-6-** Student is making minimal effort to walk at a brisk pace
 - ***3 points-** Student chooses to not participate in daily walking
 - ***3 points-** Absent
1. Mastery: Daily walking participation (80%)
 2. Classwork: Monthly Walking log (20%)

Letter Grade Description & Percentage Breakdown

Grade Percentage	Letter Grade	Description
90-100%	A	The student fully understands the content and the course objectives have been mastered.
80-89%	B	The student understands the content and course objectives at an above average level.
70-79%	C	The student understands the course content and course objectives at an average level.
60-69%	D	The student does not understand the course content and a minimum of course objectives are met.
Below 60%	F	The student has not met a sufficient number of course objectives to pass a minimum level and receives no credit.

Course Schedule/Outline of Units

Dates	Topic
September-Semester 1	Daily Walking for at least 60 minutes *60 Minute Walking Test #1
October-Semester 1	Daily Walking for at least 60 minutes
November-Semester 1	Daily Walking for at least 60 minutes
December-Semester 1	Daily Walking for at least 60 minutes
January-Semester 1	Daily Walking for at least 60 minutes *60 Minute Walking Test #2

Class Expectations (i.e., POWER)

Punctual & Prepared- Be on time each day, bring correct shoes. Attendance will be taken at the beginning and end of the period. If a student leaves during the period without permission, this will result in a zero for the day, they will be marked absent for the day, and a “minor referral” will be issued.

Engaged- Check grades on StudentVue to avoid surprises. Tracking outdoor walking distance and time on personal log each day. They will be graded weekly.

Respect- Property of the school and others, follow all class expectations set by the instructor.

Absent Makeups Excused absences can be made up, unexcused absences cannot. Talk to Mr. Rios about ways to make up excused absences.

