**Winter Break Assignment: Due January 7th, 2020-NO exceptions!!**

**Name Period Teacher**

Requirements: **\*\*All components MUST be included to get credit!!**

 /15 points--- 1.5 hours of running log --Can break it up however you want but log includes exact time and distance

 ***--One run must be 2 miles or longer***

 ---Only 30 minutes max may be on a treadmill

 /10 points-----At least 30 minutes needs to be with a family member

 /15 points ------Map of all of the runs—(**must be obvious they are DIFFERENT runs**)

 /5 points-----Smart Goal Questions

 /5 points--- Parent Signature

 **/50 points**---**TOTAL**

\*\*this whole packet will be stapled together in this order and turned in hardcopy on the due date

\*\*if for whatever reason your printer “is having issues”, you will be needing to find an alternative way to get this turned in by the due date (ie print at the library or send over email)

RUNNING LOG- use more rows if needed

|  |  |  |  |
| --- | --- | --- | --- |
| **DATE OF RUN** | **DISTANCE OF RUN (put exact distance)** | **TIME (put exact time)** | Which family member did you run with? **Get their signature here too**. |
|  | **2 mile run** |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Insert Maps of Runs here— (should be multiple maps; do different run routes so it’s easier to see that you did them)

\*your screenshots include distance, route, time, and date of run\* 🡪 you just using google and drawing your route with a pen on the paper will NOT count

**To map runs use:**

**MAP MY RUN**

[www.mapmyrun.com-](http://www.mapmyrun.com-)

1. You will need to create an account- it is free
2. Trace your route and either print and copy it or copy a “print screen” into a word document

\*For smart phones- download the app and take your phone with you to track your data <http://www.mapmyrun.com/imapmy/>

Parent Signature- see below

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period/Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have completed 1.5 hours of cardio during this winter break. At least 30 minutes of this running has been with a family member. I have MAPPED my runs on the document. Also, I have turned in my goal paragraph for the 5k (next sheet).

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Your goal time for the 5k: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What can you do between now and January 9th to make sure you make your goal time?

3. Do you think this goal time is reasonable for you? How so?

4. Describe what “pacing” is. How can you work on your pacing during the 5k?

5. What are 3 good tips for the day of the 5k? (eating, drinking, energy, clothes etc)

 a.

 b.

 c.

**PE Make up Opportunity: OPTIONAL**

Name Period

\*this may be also applied to a first quarter make up

Designate which quarter you would like the make up circle: **Quarter 1 Quarter 2**

**You may do option 1 or 2 or both (yes that is 2 extra PE makeups!)**

1. Run a registered 5k- take a picture of you at the finish line next to the timer. Have your parents sign off you ran the race and write down your time. List of 5ks… http://www.runningintheusa.com/race/List.aspx?State=WA

**OR**

1. Go for a 1.5 mile run or longer ***with a parent or family member*** (again in addition to the runs you did for the assignment). Map the run and your time below.

A Talk to your parents/guardian about your goal time you have set for your 5k.

B. Take a photo of both of you running on your route!.

C. Have your parent or guardian answer the following questions about your run and return January 6th.

 Option 2 1.5 mile run time

**Insert Map Here:**

1. After running with your child, do you think they are capable of making their goal time for the 5k? Why or why not?

2. What did you enjoy about this activity?

3. Do you think this is an activity that you and your children could participate in together in the future? Explain.

4. On a scale of 1-10 (highest), what effort grade would you give your child on this run today and why?

5. Other comments ?

Parent Signature Dates: