

Walking for Fitness PE Class

Dear Parents and Students,

Next year, your child may sign up for a low impact fitness class for their PE credit. The class will focus mainly on walking and some other low impact fitness activities. This course will help students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. Students will take multiple fitness assessments which will also be a portion of their final grade. Throughout this course students will participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility. Students should also expect some academic assignments, and some outside work related to fitness.

Please respond to the prompts below and return ALL paperwork to Mr. Hess ASAP! Incomplete submissions may automatically forfeit your chances at getting into this class.

Please address the following bullets (each on a separate sheet of paper)

- Why would you like to take this Physical Fitness Class and not a regular PE Class? (minimum of one paragraph)
- What are your fitness goals and how do you think this class will help get you? (minimum of one paragraph)
- Attach a letter of recommendation *written by your parents*
- Any other information that would help me choose you over someone else?

There may be more information needed from the student to make final selections. If this is necessary, Mr. Hess will contact the students individually and get the information. Please attach this paper to the front of all submitted materials.

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Student Name _____
(Print clearly)

Parent Name _____
(Print clearly)

Student Name _____
(Signed)

Parent Name _____
(Signed)