

Beginning Running

Grade level: 3rd grade and Up

Time: 11:30 - 12:00

Teacher: Susan Duncan

Teaching Text: none

Supplies needed: Running shoes, a good attitude

Supplies provided: schedule

Number of students: minimum

Description:

This class will teach students to run for 30 minutes without stopping

They will be responsible to run at home at least 3 days per week on their own.
They will be given a schedule.

It will also be helpful if parents will provide a time to run at home in a safe environment. If you are not able to put the time in at home, the student will not be able to keep up with this class.