

# BA RUNNING CLUB

Parents and Students,

Our third year of Running Club has started! Getting exercise in the morning will have many benefits to our kids and school, which will include: goal setting, increased attention in class, positive relationships with peers, and building confidence. Details are below on what to expect. Please let me know if you have any questions. Let's all have a great school year! Austin Klumpe

Broken Arrow PE Teacher

## DAYS OF THE WEEK

- Starts on Monday, August 18th
- K, 1st, 2nd, & 3rd grades will go on Mondays and Wednesdays
- 4th, 5th, & 6th grades will go on Thursdays and Fridays
- No Tuesdays for Running Club (PE PLC Meeting)

## TIME & LOCATION

- 7:50 - 8:00am in the gym

## RULES

- Breakfast is the first priority. Kids need to eat before coming as we don't want them to be late to class.
- Kids can come into the gym to run or walk anytime between 7:50-8:00am.
- The school behavior rubric still applies. Students will be sent out of the gym for anything other than minor behavior problems.
  - 1st offense = Verbal warning for minor behaviors but can keep running
  - 2nd offense = Miss the next day
  - 3rd offense = Out for the quarter and parents will be contacted
- Kids will grab a popsicle stick for every lap they complete. When finished, they will record their laps to Coach Klumpe.

## MILE CLUB (1 lap = .05 mile / 20 laps = 1 mile)

- Students' mileage will be carried over each school year to help them achieve their goals. We will recognize students at our Trailblazer of the Quarter assemblies for their dedication and hard work.
  - 5 Miles = Free Shoelaces
  - 10 Miles = White Shirt
  - 20 Miles = Grey Shirt
  - 30 Miles = Navy Shirt
  - 50 Miles = Black Shirt
  - 75 Miles = Green Shirt
  - 100 Miles = Red Shirt
  - 150 Miles = Purple Shirt

**CHARACTER DRIVEN | HAVE FUN**