

Running Map

Valencia Physical Education Make-up Assignment

Due: By the last day of a given grading period
*****Must have teacher approval*****

Select a course around your neighborhood that you would feel comfortable jogging.
(must be at least one mile!)

Determine the distance of the course you have chosen by:

- Walking the distance to estimate length by the number of steps **OR**
- Having an adult drive the course and check the mileage using the odometer to determine the distance traveled.

The running map will consist of 3 pages.

Page 1 (Cover Page)

Must include:

- Computer generated graphics/pictures related to running.
- Complete name.
- PE teachers name.
- The period you have PE.
- The date.

Page 2 (The Map)

- The map may be drawn or computer generated.
- The map of the route you would be covering should be easy to locate by street names. (Include at least one major road in your map!)
- List all street names and landmarks covered by the route.

Page 3 (The Essay)

- Must be typed and double-spaced.
- Answer this question:
 - **Do you think running will be an important part of your adult fitness routine? Why or Why not? Explain.**
- Minimum length: $\frac{3}{4}$ page.

Turn in the completed assignment to your teacher **before** class begins or **after** class is over. **Do NOT** bring out during the PE class itself.