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| 1st Quarter Exercise Electives!!! |  | ***Cross Country 3000*** *Rank \_\_\_\_\_\_\_\_\_\_*Have you ever seen the 13.1 and 26.2 stickers on the backs of cars? Those belong to people that have completed half- and full-marathons. The term “marathon” was made famous when a Greek messenger ran 26.2 miles to deliver an urgent warning of an attack on Greece. Nowadays, running long distances is one of our society’s most popular ways to exercise. Of course, you need more than a pair of running shoes and a route to run a marathon. Running long distances at a steady pace requires a lot of practice. In middle and high school, there are whole teams devoted to long distance running called *Cross Country* teams*.* This quarter’s goal is to run one mile without stopping. Are you up for the challenge?***Outdoor Sports*** *Rank \_\_\_\_\_\_\_\_\_\_*Are you one of those kids who dreads the sound of the cowbell at recess? If so, this is the exercise option for you! This quarter’s *Outdoor Sports* elective will include classic games like Soccer, Ultimate Frisbee, Kickball and Capture-the-Flag, as well as “offshoots” like Campeonato and Soccer Tennis that will help to hone skills. All of the games in this exercise option are competitive and end with a winning side and a losing side. If you choose *Outdoor Sports*, you must be willing to win with grace and lose with dignity no matter how hard you compete. Winning attitudes and leaving the game on the field are required.  |  | ***Volleyball*** *Rank \_\_\_\_\_\_\_\_\_\_*Did you know that volleyball is over 100 years old? In the late 1800s, *Volleyball* was originally developed as a blend of tennis, basketball, and handball. These days, it is a sport that can be played both outdoors and indoors and with just a handful of players or many more. *Volleyball* is a sport that promotes teamwork, exercise and good character. (Also, in case you didn’t know, our very own Megan was captain of the volleyball team at Duke University before coming to work at Central Park.)***Circuit Training*** *Rank \_\_\_\_\_\_\_\_\_\_*If you thought building electrical circuits in 4th grade was fun, then maybe you’ll enjoy doing exercise circuits with your body! In *Circuit* *Training*, a “circuit” is a non-stop chain of exercises, each one focusing on a different body part. The goal of *Circuit Training* is to develop coordination, agility, strength and power, while exercising your heart at the same time. The popular gym Crossfit Durham uses circuit training to develop their clients’ strength and stamina. Curious? Try it out!***Cooperative Games*** *Rank \_\_\_\_\_\_\_\_\_\_*In *Cooperative Games*, there are no sides that compete against one another. Everyone is on the same team and they all the work together to reach the same goal. Remember: *“It’s not whether you win or lose, it’s how you play the game that counts.”*  |
| For our first quarter exercise electives, there are 6 different options from which to choose. **Everyone will take *one* exercise course this quarter.** Each of the 6 options will focus on a different physical activity as one of the four parts of exercise courses: * Health & Body
* Warm-up
* Physical Activity
* Cool-down & Recovery

Read the course descriptions on this page. Then, pick your “top 3” options by writing:* “1” next to the title of your 1st choice
* “2” next to the title of your 2nd choice
* “3” next to the title of your 3rd choice.

(You are welcome to rank all five options, but the chances of getting your 4th, 5th or last pick are slim. If you cannot decide between two courses because they are “tied” in your mind, rock-paper-scissors yourself.)Course Descriptions |  |  |
| ***Zumba/Jazzercise*** *Rank \_\_\_\_\_\_\_\_\_\_*Have fun and sweat-it-out at the same time out with *Zumba* and *Jazzercise*! *Zumba* combines high-tempo Latin dance moves and aerobic exercise to help develop cardiovascular endurance and rhythmic coordination. Its predecessor, *Jazzercise,* dates from the 1980s when the aerobic revolution took the exercise world by storm. (In case you didn’t know, our very own Paula Januzzi is not only a certified *Jazzercise* instructor, but teaches it as well!) |