



## Quarter 2, 2017 Week 1 Summary



Welcome to Quarter Two of HVE@CC!

Our new quarter kicked off today with our weekly stretching routine and a discussion about physical fitness and exercise. Students shared their ideas about what it means to be physically fit, generated a list of exercises, sports and activities that will assist with physical fitness and shared their favorite physical activity or sport.

Each student was provided a pedometer, shown how it works (you may want to remind your student how to reset it each day with the reset button on the back) and practiced using it during class. Along with the pedometer, the students have a steps/activity calendar in their binders. Please help your student remember to record their steps at the end of each day as well as the physical activities they performed (walking, swimming, bowling, hiking, tennis, bicycling, etc.). The students will need to bring their pedometer and activity calendar to class each week. The pedometers are the students' to keep upon completion of the quarter.

We also began a lesson on goal setting to include what is a goal, how/when to know it has been met, and strategies to help achieve the goal. Next week each student will determine a physical fitness goal for the quarter and will participate in a fitness class with the CC Fitness Assistant Director. Please talk with your student about an activity/activities they might be interested in focusing on for the quarter with the hope of making it part of their daily/weekly routine.

The class photo, pictured above, has also been provided to each student as a hard copy for their enjoyment.

Fun alert!! This Saturday October 28th is our CC Hockey outing. I'll meet those attending at the box office at 5:45.