

FITNESS CLASS 10K CUMULATIVE ASSIGNMENT

Rattle Me Bones 10K Road Race
Sunday, October 26th, 2008

Results are available from www.sportstats.ca



The Rattle Me Bones 10K Unit will comprise approximately 25% of your final mark (Also, this will make up nearly 100% of your November report card).

Active participation in training (determined by attendance)	5%
Training logs (6 weeks worth)	5%
Assignments (Training Chart & Cooper Test)	5%
Participation on Race Day	5%
Race Reflection	5%

Your assignment must be **neatly written or typed, stapled or bound** and handed to your teacher by **2:15pm on Friday, October 31st**. It is to contain the following:

- Page 1 – covering page which may be decorated!
- Page 2 – training calendar
- Page 3 – active participation sheet (attached to this handout)
- Pages 4 to 10 – training logs
- Page 11 – Training Chart
- Page 12 – Cooper Test Assignment
- Page 13 – Print out of race time from www.sportstats.ca (may also glue on your bib)
- Pages 14 to 16 – Race Reflection
- Last Page – 10K Assignment Evaluation Sheet

REFLECTION CRITERIA

- 1) How did the training program prepare you for the race? If it did not prepare you in some way, discuss this [discuss at least 5 points, may include principles of training, can reference training chart].
- 2) Determine a time in your training when you let yourself down in some way. Give details. What were the factors that contributed to this? How could you attempt to keep this from happening again? What did you learn from this instance?
- 3) Discuss how the 10K race event unfolded for you [this can include preparation days leading up to the race as well as specific details from Sunday morning].
- 4) What have you learned from the process of undertaking a training program and taking part in an organized event? What have you learned about yourself?

OR

If you have run a 10K before discuss how your training experience was different than the last time you prepared. Also, what differences did you notice during the race itself. Why do you think these differences occurred?





10K TRAINING ACTIVE PARTICIPATION SHEET

Preparation for Rattle Me Bones 10K Road Race
Sunday, October 26th, 2008

According to our training calendar we undertook 41 days of training or training related activity days (does not include rest days). Use your weekly training logs or training chart to help you determine the number of these you took part in. You can also see your teacher outside of class time to verify your attendance (NOT on FRIDAY, OCT 31st).

I took part in _____ training sessions out of a total 35 possible.

Of the sessions I missed, I made up the following:

Date	Details

10K UNIT EVALUATION SHEET

(Final Page of Assignment)



STUDENT NAME: _____

Overall Presentation of Assignment Bundle....._/ 5

Inclusion of all required pages...../10

Quality of daily training logs...../5

Completeness of daily training logs...../10

Training Chart...../5

Cooper Assignment...../5

Participation in training [_____ out of 35] ÷ 1.7/20

Participation on race day...../20

Race Reflection...../20

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_____/100