

Walking Club 2018/2019!

Where: Browning Elementary School in Mr. Lang's room (Room 332 by the GYM).

Who: Coordinated by Mr. Lang (PE Teacher)

When: The LAST Thursday of each month.

Time: 3:45 pm - 4:45 pm

Why: To keep students active after school and help them understand and demonstrate the various body movements such as running, jogging, stretching and to also learn the various locomotor skills. Students will walk laps around gym that will equal a mile. (can also run if chosen, but not required!)

What to bring: Gym shoes, Trunks/Running sweats, water bottle if available and most importantly a positive attitude.

Other activities: Club may participate in any fun run/walk. Students will receive a shirt.

Hope to see you there! Any questions just contact me at calvinl@bps.k12.mt.us or call Browning Elementary School (Ext. 4853)

Thank you,

Calvin Lang

“ If it doesn't challenge you, it doesn't change you”