

PHELPS COUNTY R-3
SUPER JOGGER

What is Super Jogger?



WHO?: Phelps County R-3 students in Kindergarten through 8th grade

WHAT?: Super Jogger is a warm-up program that helps students gradually build endurance so that they can jog the distance of a mile by the end of the school year. K-3 students began with 2 minutes, and 4-8 began with 3 minutes. The time will increase by 1 minute each month.

WHEN?: Students complete their Super Jogger time at the beginning of every P.E. class. "Tests" are at the end of each month. It is NOT for a grade.

WHERE?: Students jog their laps around the gym. They occasionally will jog outside around the track.

WHY?: The goal of Super Jogger is to build up cardio endurance through a gradual, rewards-based practice program.

Ask your child about the current time expectation for their grade level. If you have any questions, please contact Coach Brunkhorst or Coach Davidson.