

**PROPOSAL: "ZERO PERIOD" OPTION FOR PHYSICAL EDUCATION CLASSES AT
UNION HIGH SCHOOL**

Union High School students would take a "fitness/wellness class" in a fitness classroom at the high school from 6:30AM to 7:10AM on the school days when they would ordinarily take a Physical Education class during the school day. Because this period will occur prior to Period 1 of the school day, it will be referred to as a "Zero Period" class.

This Fitness/Wellness Class will take the place of the student's regularly scheduled Physical Education class. Each involved student can use the class period usually used for the Physical Education class to take a study hall or another class.

The students in this Fitness/Wellness Class will receive individualized instruction on fitness/wellness activities such as treadmill, Exercycle, free weights, etc. This instruction will come from a certified Physical Education teacher from the Union High School faculty. The faculty members (acting in many aspects as a fitness coach) will be responsible for maintaining attendance records, prescribing and monitoring individualized student activities, and issuing report card grades for the pupils.

Involved students will be encouraged to develop fitness/wellness activities and routines that they might carry with them beyond their high school years and into their adult lives.

Involved students will be permitted to watch television news programs and bring beverages and health snacks into the fitness/wellness area with them (in the same way that adults often watch morning news programs on television while they are doing morning exercises, and in the same way that adults consume fitness drinks and health snacks while performing morning exercises).