Friday April 27th 2012

This is a proposal for the intramurals position at Centerville-Abington Elementary school. Mr. Rinehart and Mr. Cross are proposing to use the position for an “Activities Club” (name subject to change) which would feature four different activities that we would do every Wednesday for a two week period. The block of time would last 45 minutes. Below is a very brief description of each activity and how we plan to use it. Once again, each activity would be the focus of our meetings every Monday and Wednesday for two weeks. We will take a total of 20 students in both fifth and sixth grades. Students will have to fill out an application created and reviewed by both Mr. Cross and Mr. Rinehart to participate.

**1. Ping Pong-** We would discuss the rules and history of the game and would also practice playing it. We would have a tournament at the end to see who the school ping-pong champ is. This could also possibly result in a championship match at one of the semester convocations?

**2. Basketball-** We would discuss the history of the game and practice different individual skills of the game. This would include dribbling, shooting, passing, etc. We could also have scrimmages and fun competitions as well. Mr. Rinehart and Mr. Cross are both big basketball fans and Mr. Cross has a history coaching basketball in the past.

**3. Wellness Center-** We would take the students to the High School Wellness Center. We would teach them to do basic lifts and workout routines. Mr. Cross has keys to the Wellness Center which would lead to easy access.

**4. Fitness Walking-** We would give students opportunity to walk regularly. We would teach the students about finding their target heart rate and using pedometers. We would utilize the high school track, nature lab, and Wellness Center as walking grounds to show students the differences in walking in different types of areas.