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Journalism, Period 5

Run Day Opinion Article

Run-day for students at MBMS is healthy and a great physical alternative to normal PE and shouldn’t be taken out of our curriculum. Run-day is every Wednesday during PE and is part of our physical education.

Run-day involves running around a hilly concrete path around Polliwog Park for as many loops as you can in 23 minutes. Each loop is about 0.6 miles and is counted every time you pass your PE teacher somewhere along the path. Run-day counts for 30 % of your grade and students run 10 a trimester. Students must get a certain amount of loops, depending on their grade level, at the end of the trimester in order to receive an A grade.

Running at MBMS is a great way to insure students will get a decent amount of exercise every week. Studies show that running increases thought and productivity instead of on days with no running activity. People who run are also known to live longer than people who don’t run as much.

However, many students at MBMS don’t run during run-day. Over half walk and don’t give any effort. Kids who do run get really sweaty and are often really tired to focus in their next class. If this is the case, than why do we even have run-day? It is obvious teachers are trying to fix this. Since the end of last year and the beginning of this year, teachers have implemented new jog zones, areas along the course where students have to run. Teachers have also implemented the marathon award, a certificate and sometimes a gift card, that is awarded at the end of the year if a student runs 43 or more loops after 10 run-days. Teachers hope that these, and grades, can hopefully motivate kids to run.

8th grader Bobby Sillman believes that students don’t run because running takes a lot of effort and is very tiring. The teachers, in his opinion, need to do a bit better of motivating us to run. “The jog zones have been a failure. Teachers still have to get kids to run in the zones and they’re not placed in the best places along the course. Kids would be more motivated to run if we had less run days, a bigger prize for doing marathon, and making run-day a bigger grade.

Run-day, no matter how much people don’t like it, is good for us. People should start taking it more seriously.