

## Abstract

This action research project describes the advantages and disadvantages for students who participate once a week in a middle school physical education running program. The participants in this study were divided between two physical education classes. One group was a co-educational sixth grade class and the second group was a co-educational seventh/eighth grade blended class. The researcher collected data from students, staff, and other physical education teachers. The data was generated using student surveys, teacher surveys, teacher interviews, and a weekly running log.

The results of the research indicated there were many more advantages than disadvantages for middle school students who run once a week in physical education. Students learn how to set goals, raise physical activity levels, and earn rewards for working hard and succeeding through running. The current running program will continue at the school. Information gained through this project will generate several changes to the program.

