

Start a

# PHYSICAL ACTIVITY CLUB



[www.letsgo.org](http://www.letsgo.org)

## Notes from one Successful Teacher:

- Last year I bumped into one of my former students and she said “Know what I miss most about second grade? Thousand-Step Thursday. I wish my third grade teacher took us walking.”
- My class walked at the same time each week and parents knew that if they showed up, they were welcome to join us.
- Teach students how to use pedometers; pedometers are great motivators for walking.

A physical activity club is a great way to provide opportunities for kids to get physical activity every day. Check out the example clubs below and give them a try, or come up with your own club!

### Thousand-Step Thursday

Keep track of steps using pedometers and record steps on a chart or incorporate them into a mathematics lesson; grades 2 and up really enjoy using pedometers.

### On-the-Move Monday (or Walking Wednesday)

Make a commitment to walk for a period of time every Monday (or Wednesday) for the entire school year.

### Twenty Miles in Twenty Days

Choose a month with twenty school days. Map out an area around the school or community that is exactly one mile. Every day for a month, have students walk the mile course. At the end of the month, they will proudly say that they were able to walk twenty miles in twenty days! This is a great activity for the spring.

### Look what one school did!

Be sure to look both ways before you cross the entrance to Hall School in Portland; if you're not paying close attention you risk being run down by the “Recess Runners.” “Recess Runners” is a program designed to get students active during the school day. Students have the opportunity to walk or run a marked trail during recess and free periods and receive a punch on an index card for each lap completed. A teacher or parent volunteer stands nearby to give the hole punches. When they return inside, they move their marker a bit farther on the path across the United States according to how many laps they ran. The program has been a great success, with teachers reporting better attendance and behavior after lunch.

