

Start a

PHYSICAL ACTIVITY CLUB

Notes from one Successful Teacher:

- 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 students 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.

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.

