



# Physical Activity Clubs

## 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.

## Walking Wednesday

Make a commitment to walk for a period of time every 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.

## On-the-Move Monday

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

### Notes from a 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.

### 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. The program has been a great success, with teachers reporting better attendance and behavior after lunch.

For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).



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