

Step Lesson Plan

Objective:

To promote increased physical activity and incorporate the concepts of Fun 2B Fit by learning how many steps it is to various points within a school.

Time:

One class period

Subject Areas of Focus:

Math, physical education and health

Materials Needed:

- Poster board or graph paper
- Markers, or other medium
- Tape
- Several sheets of paper (depends on how many locations are calculated)

Description of activity:

Create a large, decorated poster or graph to be displayed in the classroom or hallway of the school. Students count how many steps it is to various points in the school and chart them on the poster. For example, "It's about 55 steps to the gymnasium," or "It's 100 steps to the library."

Then, students add the number of steps it takes for them to walk to and from each class, gym, lunch, etc and calculate the average number of steps they take during one school day.

Students can also post this information in the hallways, so other students know how many steps it is and can try to increase their physical activity. List the number of steps on construction paper sneakers and display around the school.

Outcome:

Students have a visual display of the number of steps it takes to reach various points in the school building. They can challenge themselves to take additional steps throughout the day.