


Kids on the Move

How to Start a Physical Activity Club

Many children don't get the 1 hour or more of physical activity they need each day. Starting a physical activity club at school is a great and fun opportunity to help your students meet this 5-2-1-0 goal. Here are a few ideas to implement in your classroom.

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- 1 Thousand-Step Thursday**
Keep track of student steps using pedometers. Record these steps on a chart or use them in an upcoming math lesson.
 - 2 Walking Wednesday**
Commit to walking every Wednesday for the entire school year. Start a paper chain for each student to display proudly and add a link after each walk.
 - 3 20 Miles in 20 Days**
Select a month with 20 school days on the calendar, preferably in spring or summer. Find an area around the school that's exactly one mile. Every day for that month, walk the mile course with your students. At the end of the month, they can proudly say they've walked 20 miles in 20 days.
 - 4 Recess Runners**
Students can walk or run a marked trail during recess and free periods, receiving a punch on an index card from a teacher or volunteer for each successful lap. Back in the classroom, they can move their marker a bit further on a path across the U.S. (displayed on a wall map) to see how many laps they've run.

5-2-1-0 Tip

TEACH your students how to use **PEDOMETERS**.
They are great **MOTIVATORS** for walking!