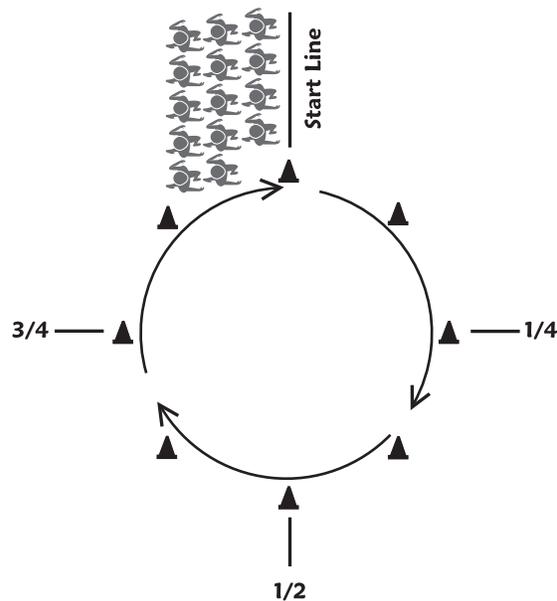# MOVING AROUND THE TRACK (COUNTING LAPS)

Ready...

- 4-8 cones (for marking track)
- Stopwatch
- Music and player (optional)

Set...

- Create a 220-yard (or other size) track (set-up description can be found on page 2 of this unit).
- Gather students at "start" line of track.

GO!

1. The object is to move around the track as many times as you can before the signal.

2. On signal, begin moving around the track *(show which direction)*. Power walk or slow jog your first time around the track, and build to faster speeds.

3. Count your own loops as you go.

4. On the stop signal, if you are at or beyond the half-way mark, continue around the track at a walk, and finish up that last loop. You will count that as a whole loop finished.

5. If you are shy of the halfway mark, turn around and walk back. *(If you want to include 1/2 laps tell students they may count this as a 1/2 lap.)*

6. As you pass me at the start line, call your name and the number of loops you traveled today. When I repeat that number, you'll know I heard you and recorded it.

7. When we return to class, we will plot our progress on the map.

Start Line

3/4 — ▲   ▲ — 1/4

1/2

MAP CHALLENGES

CHALLENGES

✷ Set a goal for yourself, and try to reach it. How many loops can you move today?

✷ Can you add a 1/2 loop from last time?

CUES

✷ Pace yourself.

✷ If you get tired, power walk until you can jog again.

GRADES 3-6

7

1 Walk/Jog/Run

Use any of the activities from the *Walk/Jog/Run* unit to spice up the *Moving Around the Track*, and keep it fun.

2 Pedometer

(Pair students; 1 pedometer per pair.) You and your partner move together. At the stop signal, check your step count, and double it to include both of your steps. I'll collect all step counts for a class step total. Then we'll divide the class step total by 2400 to compute how many miles the whole class traveled.

FUN FACT

Maps have been a part of civilization as long as there has been a need to navigate. The oldest known map is a clay tablet, created around 3000 BC in Sumeria (an ancient civilization thought to be one of the first). Map makers are called Cartographers. They use computers, satellite images, photos taken from airplanes, and information stored in special databases.

STANDARDS ADDRESSED

NASPE

#3, 4 Cardiovascular endurance

#6 Accepting challenges, setting goals

Your State (Write in here)

_____

_____

_____

PAULA'S POINTERS

✳Walk or jog in the opposite direction of students. Why?

- To be a good role model.
- Students tend to run faster as they get closer to the teacher. This way, you see them twice during each lap, not just once, so they stay motivated.
- To provide feedback to students as they pass.

✳Have a student help record laps at the end.

NOTES

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