

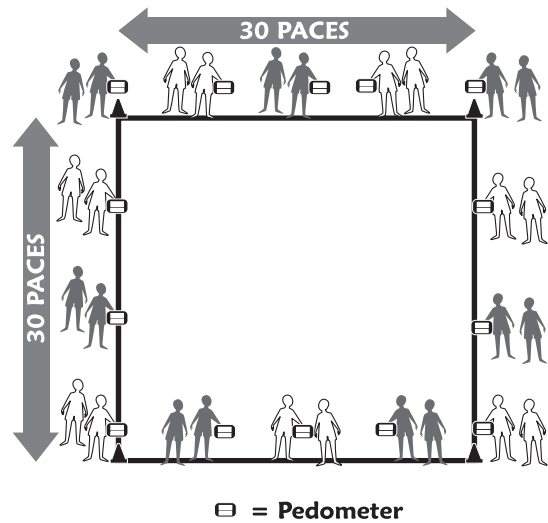


Ready...

- 4 cones (for boundaries)
- 1 *SPARK Super Stepper Task Card* (*SPARK Instructional Media CD*) per student
- 1 pedometer per student (or pairs share pedometer and steps)
- Enough crayons/markers/colored pencils for the class.

Set...

- Create a 220-yard (or other size) track.
- Scatter students around the track; each with a pedometer (or paired with a pedometer-wearer).
- Have *SPARK Super Stepper Task Cards* and crayons/etc. handy.



GO!

1. The object is to take as many steps as possible and learn about the *SPARK Super Stepper Club* so you can do this during recess.
2. Attach and clear the pedometer. If you don't have a pedometer, move with a partner who has one. You will use their step count.
3. On signal, begin moving around the track (*show which direction*). Before you run, be sure to power walk or slow jog your first time around the track. During recess you may move around the track or play your usual activity to take steps.
4. On "stop" (or when recess is over), check your pedometer and log your steps by coloring the shoes on your *SPARK Super Stepper Card*.
5. Throughout the year you can do this during any recess you like. See how many miles you can move!

CUES

- ★ Periodically check your pedometer to make sure it is securely attached and level.
- ★ Keep moving throughout recess.



WELLNESS

List all the things you need to do each day to stay healthy. For example, eat right, be physically active, drink plenty of water, stay away from tobacco, get enough sleep, and maintain a positive attitude. What else? Now draw a map of how that looks to you. This will be your daily wellness journey. Post it by your bed to remind you to stay on the road to good health.

GRADES 3-6

STANDARDS ADDRESSED

NASPE

#3, 4 Cardiovascular fitness

#5, 6 Accepting challenges, values physical activity

Your State (Write in here)

TONY'S TIPS

- After teaching this activity, allow students to check out pedometers and continue on their own during recess. They may move around the track or do any other activity to get steps.
- Students record their steps by coloring their cards when they come in from recess.
- Provide incentives for students every 5 or 10 miles. E.g., create a chart called the SPARK Super Stepper Club. Write their names and give a star each time they fill a card (5 miles).

