

This Walking Challenge seems like extra work...no thanks!



HANG ON...NOT SO FAST! Check out how participating in the Walking Challenge will support learning in your classroom!



New Westminster Schools, the City of New Westminster and Fraser Health are launching a community-wide walking challenge April 3 - May 28, 2017. There is a special category for classes to participate. For complete info, please visit [www.walkerscaucus.ca](http://www.walkerscaucus.ca)



**Teachers - Here are some reasons to participate & how you can integrate the walking challenge into your classroom.**

**Physical and Health Education curriculum** – Meet your daily physical activity requirements - now part of the Healthy and Active Living competency stream in the Physical and Health Education curriculum.

**Walking Field Trips** – No special permission is required - they are walking field trips!

**Buddy Class Walks or Meeting Up with Classes from Other Schools** – If you have a buddy class, go for a walk! If you know a teacher from another school – walk to a mutual location and do some learning activities together.

**Place-Based Knowledge** – Support “place-based knowledge” and stronger connections to community. What a better way to learn about our surrounding environment than to go outside and experience it! Head outdoors to teach them science, math or art.

**Math** – When tracking steps, have your students calculate rather than count! You don’t need a pedometer to participate. Walking for 10 min, or 1 km, is approximately 1320 adult steps. Time your walk and let your students figure it out.

*Sample activities: We walked for 17 minutes, and 10 minutes = 1320 steps. How many steps did we walk today? On Monday we walked 2500 steps, Tuesday = 1700 steps, Friday = 1680 steps. How many steps did we walk for the week? What was the average number of steps we walked each day?*

**Daily Calendar routine:** As well as charting things like the weather, chart how many steps the class has walked during the challenge.

*Sample activities: Let’s learn about bar graphs. Keep a running total of how many steps we’ve walked for the entire challenge on your calendar.*

**Languages** – *Sample activities: Let’s keep a journal of everything we see when when go for walks. Let’s discuss 5 things we saw on our walk today.*

**Art** - *Sample activities: Let’s draw 5 things we saw on our walk today.*

**FreshGrade** – For teachers who use FreshGrade, it’s a great opportunity to post photos and videos of your students in the community.

**Post, Share and Connect with Other Teachers on Social Media** – Use #WalkNewWest and #SD40Learns to connect and share with others.

**Prizes** – One middle school and one elementary school classroom will receive a Live 5210 classroom resource package. As long as your class walked at least once/week during the entire 8 week challenge you are entered. It is a random draw, not based on how far you walked.

**And the BEST REASON OF ALL TO PARTICIPATE...Kids behave and learn better when they go outdoors!** Connecting students to nature does wonders for their mental and physical health. Going for a walk can help them learn self-regulation, mindfulness and make them more relaxed and attentive in the classroom.