

## CLASSROOM IDITAWALK

**Developed by: Linda Fenton**

**Discipline / Subject: Physical Education**

**Topic: Movement**

**Grade Level: All**

**Resources / References / Materials Teacher Needs:**

Activity Sheets  
Pedometer (Not necessary, but it helps)  
Tracking Map of Iditarod Trail

**Lesson Summary:**

Walk the Iditarod Trail – either individually or with a team.

**Standard's Addressed: (Local, State, or National)**

**This comes from Wisconsin DPI Phy. Ed. Standards:**

<http://dpi.wi.gov/sspw/physicaled.html>

Tracking campaigns are organized efforts to encourage physical activity in a variety of forms with students, and perhaps others, recording the amount of time they were active, distances covered, or other units of activity. Tracking campaigns can be simple or complicated and include individual challenges, class programs or competitions, grade level initiatives, or school wide experiences.

Tracking campaigns assist in motivating participants through group effort, peer support, goals, friendly competition, and incentives. These factors help support the regular habit of physical activity and achievement of new levels. Studies have shown that people who track their activity are more active and more likely to meet their goals and stick with a physical activity program. Incentives can vary from recognition to tangible reminders such as t-shirts or water bottles with the campaign slogan. Encouraging students to take part, especially with their families, helps them see the value of such supports, which may prove valuable in maintaining lifelong habits of physical activity. Campaigns that involve families encourage activity with parents, guardians, and siblings, which may be easier to maintain than if the student alone is active.

Tracking campaigns help student meet NASPE Standard 3: Participates regularly in physical activity; and Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Learning Objectives:**

Work individually or with a team to achieve a goal.

**Method of assessment for learning**

Activity Sheet  
Progress along trail

**Procedural Activities – This lesson can be geared however you would like in your classroom. These are procedures I followed.**

- 1. Pass out pedometers if you have a classroom set (or individual students can bring one in – they are not very expensive). Discuss use and care. In my classroom, students put them on in the morning, and return them at the end of the day. I also wrote a note to parents about what we were doing and got permission. This way they are aware and if a student was caught damaging it in any way, they wouldn't be surprised to get a bill. It never happened, students were very careful, however 2 broke accidentally.  
Also, if you don't have pedometers, students can track their steps by different activities. Here is one website that converts activities to steps: <http://www.takesteps.univerahealthcare.com/stepChartPop.jsp>**
- 2. Pass out Activity Sheet and discuss how to fill out sheet.**
- 3. Tracking Sheets can be modified however you want. For younger grades, you may want to have steps figured out between checkpoints. For older students, they could fill out ALL of the information by doing a little research.**
- 4. Students can practice keeping track of steps individually before signing up as a team.**
- 5. Teams can be created any way. If they are uneven, older students can work on averages.**

**Materials Students Need:**

**Pedometers**

**Activity sheets**

**Tracking Map of Iditarod Trail**

**Technology Utilized to Enhance Learning:**

**I got this idea from the Phy. Ed. Central website:**

**<http://www.peclogit.org/logit.asp>**

**If you don't start the Iditarod at the beginning of the year, this is a great place to start. You simply set up a class hike and try walking from capital to capital around the United States. My students and parents LOVED IT.**

**Activities to Steps:**

**<http://www.takesteps.univerahealthcare.com/stepChartPop.jsp>**

