

Kilometre Club

Create a Kilometre Club at your school where students can get together during recess to walk and wheel around the school yard!

1 CREATE DISTANCE GOALS

Get your students excited about reaching impressive distance goals!

- Walk across Halton 45 km
- Walk across Ontario 2,100 km
- Walk across Canada 4,828 km
- Walk around the Earth 40,000 km
- Walk to the Moon 384,400 km
- Create your own unique goal!

2 DETERMINE THE DISTANCE OF ONE LAP AROUND THE SCHOOL YARD

- Can create alternative lap routes for students who have physical limitations
- Calculate the number of laps that are required to reach one kilometre
- Use this knowledge to create lap goals during a single recess

3 TRACK HOW MANY LAPS ARE WALKED

Each student receives a popsicle stick (or similar) for every lap walked

4 CALCULATE THE NUMBER OF KILOMETRES WALKED

Add up the popsicle sticks and calculate and record how many kilometres were walked in total

5 CELEBRATE REACHING YOUR GOAL

Encourage participation by making a “Golden Shoe Award” (an old sneaker spray-painted gold) that gets to stay in the classroom that has most recently reached a distance goal!

