



## BEST PRACTICE AND LESSON PLAN IDEAS

Category: Safety and Class Management/Technology

Suggested Grade: 2<sup>nd</sup> – 5<sup>th</sup>

Title: "Walking" It Out

Submitted by: Cassandra Kennedy, Beverly Woods Elementary, North Carolina

Equipment/Materials:

- Pedometers (and numbered pocket chart)
- Cubbies or Boxes with numbers
- List of students assigned a number

Description:

- In PE class you want students active as soon as possible:
- My students enter the gym and are required to WALK 5 laps as gentle warm-up. This allows students to expend some energy before they are asked to listen, process, and learn.
- We correlate the **5 laps** of walking to a *HEALTHY HABIT = 5 a day* (minimum # of fruits and vegetables we should consume each day).
- During this warm-up time I expect students to complete 3 tasks:
  1. Place all unnecessary items in your cubby (extra clothes like a jacket, a pencil/pen, nametag lanyard, or even shoes that are not considered SAFE) this eliminates all slip and choke hazards for the remainder of the class.
  2. Retrieve and put your pedometer (assign students a # this is for their cubby and pedometer use).
  3. Read and discuss objectives for the day with classmates (*CORE VALUES-Responsibility & Trustworthy*)
- When students complete the 5 walking laps they sit in a good personal space to stretch and I can begin giving instructions for our lesson.
- My students love pedometers and my younger students are begging to wear them!!! Students wear the pedometer throughout the entire lesson. We strive to get 1000 or more steps each class. In 4th and 5th grade, students will chart and graph in their journal the number of steps they achieved each PE class. *BRIDGE TO LIFE - How does getting 1,000 or more steps in one lesson show that you respect yourself?*

[PHOTO's on next page]

