

the North Pole

Teacher & Parent Handout

Walking Challenge

The journey to the North Pole is approximately 3,890 miles from Mason County. To make this possible, each class will be considered a group. Each student in the group will be given Fit bits to monitor their physical activity.

The Fit bit will monitor every step that the child will take. The number of steps taken will then be calculated from steps to miles.

It's essential that each student keep's track of their miles by using the calendar given. Each group will add their miles together to get a total number of miles that the group has walked.

Once the group reaches 3,890 miles they have completed the journey to the North Pole! We'd like to encourage teachers and family members to get involved in helping their children achieve their goal.



Fun Way's to Get Active!

The walk to the North Pole will take one month to accomplish.

Each time a group reaches their goal it is important to share and praise them. This will encourage each student to strive and inspire others to achieve their goals. A follow-up will occur weekly to make sure each group is striving to achieve their journey to the North Pole.



Examples (1 mile is 2,000 steps):

Day 2

December 1st

- Hopscotch (400 steps)
- Shoot hoops (600 steps)
- Walking (1,000 steps)

Total: 1 Mile

Day 2

December 2nd

- Jumping jacks (100 steps)
- Run (700 steps)
- Played tag (800 steps)
- Climbing (400 steps)

Total: 1 Mile

Day 3

December 3rd

- Biking (800 steps)
- Play catch (600 steps)
- Dance (400 steps)
- Walking (200 steps)

Total: 1 Mile

Physical Activity Questionnaire

Please Answer the Following Questions

1. I participate in physical activity regularly.
Yes_____ No_____
2. I exercise for more than 60 minutes a day.
Yes_____ No_____
3. I am engaged in physical activity at school.
Yes_____ No_____
4. I am engaged in physical activity at home.
Yes_____ No_____
5. I play sports.
Yes_____ No_____
6. I want to be more physically active.
Yes_____ No_____
7. I play _____ sports.
8. I am physically active _____ days per week.
9. I watch (very little, somewhat, a lot) of TV.
10. I play (very little, somewhat, a lot) of video games.