

### **Celebrate “Take a Hike Day” Any Day**

**Lesson Overview:** Taking your class for a hike around the school grounds. You can use pedometers and turn it into a math lesson calculating what it would take to meet the 10,000 daily steps recommendation.

**Grade Level:** 2<sup>nd</sup>-5<sup>th</sup>

**Lesson Time:** 5-30 minutes

**Prior Knowledge:** Some understanding of the benefits of hiking and the purpose of a pedometer.

**Materials Needed:**

- Pedometers (optional)
- Pads of paper (optional)
- Pencils (optional)

**Content Integration:**

- Language Arts
- Health
- Math
- Physical Education

**Corresponding Standards:**

Oregon Standards:

- Promotion of Physical Activity
  - Acquire knowledge and skills to understand the role physical activity has in promoting health.

Common Core State Standards for Mathematics

- Operations and Algebraic Thinking

**Lesson Objective:** You can use pedometers to make hike into a math lesson as well as demonstrating a health benefit.

**Lesson Description:**

1. **Lead-in:** Talk to students about health benefits of hiking. Talk about what a pedometer is and how it is used.
2. **Step by Step:** Consider taking your class for a hike around the school grounds You can use pedometers and turn it into a math lesson calculating what it would take to meet the recommended 10,000 daily steps.
3. **Closure:** Hold a class brainstorming session with ideas for family hikes:
  - geo-caching

- scavenger hunt as you hike (looks for nouns, shapes, textures, etc)
- bring a friend
- pack a snack or lunch and hike somewhere fun to eat and enjoy nature
- play 20 questions as you hike

**Differentiation:**

- **Advanced:** Use hiking as the prompt for a class writing or art project. The hike can be an actual hike the student did with his/her family, can be based on a book, or can be from the student's imagination.
- **Struggling:** Read a story (*Going on a Bear Hunt*) or poem and have students act out the action words to get a movement break in the classroom. Simply get up and take a short hike around the classroom to get the blood flowing.