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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: 2nd-5th

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

Healthy Youth Program – Linus Pauling Institute • lpi.oregonstate.edu/healthyyouth
• 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.