

Walk This Way



Name _____

1. Work in pairs. Pour some water on the sidewalk, just enough to get it wet.
2. Do a foot dance in the water to wet the bottom of your shoes. Walk away from the puddle at a normal pace leaving wet footprints. Step heel-toe, heel-toe to leave full footprints.
3. Have your partner measure your step length with the tape measure. Measure from where one heel touches the ground to where the other heel touches. Measure three different steps and record below.

Step one _____ inches
Step two _____ inches
Step three _____ inches

Average Step Length _____ inches
(add three steps and divide by 3)

Class Walk

Number of steps I took _____ X my Average Step Length _____ = total inches walked _____ ÷ 12 = number of feet walked _____.

Number of minutes we walked _____.

I can walk _____ feet in _____ minutes.

Set a Goal

I will walk _____ minutes or _____ steps per day while not in school. I will turn the total steps in to the class walk box to help reach our class goal.

Class goal

Number of kids in class: _____ Distance walked on our class walk: _____

Our class goal is:

