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

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:

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