



CROSS COUNTY CONNECTION'S

The Golden Sneaker Walking Challenge



**CROSS
COUNTY
CONNECTION**

TRANSPORTATION MANAGEMENT ASSOCIATION

www.driveless.com

The Golden Sneaker Walking Challenge

Teacher Instruction Sheet

Program Goals:

- To continue to promote pedestrian safety and the contribution of active transportation to a healthy lifestyle.
- To help students better understand the time and distance that needs to be walked to achieve the recommended daily level of physical activity for school-aged children.
- 60 minutes daily exercise recommended for ages 6-17

Program Overview:

- Students will participate in The Golden Sneaker Walking Challenge as part of team with their classmates that will challenge an opposing team of classmates. The team with the most steps wins!
- The competition can be between classes, grade levels, or in some districts, between schools!
- The competition begins at the start of class and will end at a predetermined point during the school day that works for your school (at lunch, at the end of the day, etc).
- A packet is included that provides instructions for parents and a sheet to record and track their child's steps at home.
- The students are to leave their pedometers on during the day to track their steps. They will record their steps for the day with their parents on the provided tracking sheet before bedtime.
- Parents should make sure their child resets the pedometer each morning to begin tracking their daily step total.
- Students will report the number of steps they recorded the night before in class the following morning.
- To keep tabs, the tracking sheet should travel with the child between home and school as part of their homework, or you are free to use another method to have parents report the step total from the night before. Whichever works best for you!
- The team's total steps will be tallied each morning and entered into the class tracking sheet.
- After the final tally is entered, the team's total steps for the week are added up and a winner is reported to the school administration and Cross County Connection!

The Golden Sneaker Walking Challenge Directions Sheet

1. If students are scheduled to be in the building on the day the competition begins, they should be given the pedometers and instruction packet that morning.
2. For students who are not scheduled to be in the building on day the competition begins, the pedometers and instruction packet should be sent home with the student after their last in-class session during the week prior to the competition week.
3. It is advised to also provide parents with the instruction packet the week prior via email or whatever platform your school uses to share information electronically. This will let them know about the competition, its purpose, and ensure they are prepared once it begins.
4. Have the students open the pedometer and show them how to reset it.
5. Instruct the students on the proper location to place the pedometer
 - a. On their hip, if they are walking, biking, or using a scooter.
 - b. On their arm, if they are using a wheelchair, jumping rope, or jumping jacks.
6. Instruct the students that they are to leave the pedometers on during the day and reset only after their steps have been recorded in their student tracker.
7. Instruct the students they are to bring the tracking sheet with them to class unless you have decided to use a different method to have parents report the number of steps to teachers (email, Google Classroom, etc.).
8. The students will enter their daily number of steps from the day before to the class step chart.
9. Teachers can calculate the number of steps for each team using either a provided tabulation sheet and/or excel file.
 - a. This activity could be used as a math exercise or be used as a way to show students how many steps equal one mile or other distances, such as steps required to "Walk to Philadelphia" or other known destinations.
10. A bar graph or chart of total steps per day could be used to display in a common area of the school visible to all participants.
11. The challenge will end once the final tabulation has been calculated.
12. The class with the most steps will be announced as the winner on the following school day and be given the Golden Sneaker Trophy (electronically for social media and/or website posting)!
13. Please note: If the class count is unequal (example: 23 in one class and 25 in another), the winner will be determined by the highest average number of steps per student (# of steps ÷ # of students), which can be another useful math lesson on determining averages! .
13. The top three students with the highest number of individual steps from each team will receive a "Most Valuable Stepper" certificate and a giveaway item.

Materials: Cross County Connection will provide: Pedometers; Electronic Golden Sneaker Trophy; Teacher instruction sheet; Parental notice and instructions; Student tracker and excel file that computes the team's total steps(Class tabulation sheet)



CROSS COUNTY CONNECTION'S

The Golden Sneaker Walking Challenge Parent Instruction Sheet

Program Goals:

- ☑ To continue to promote pedestrian safety and the contribution of active transportation to a healthy lifestyle
- ☑ To help students better understand the time and distance that needs to be walked to achieve the recommended daily level of physical activity for K-8 students.
- ☑ 60 minutes daily exercise recommended for ages 6-17

Program Overview

Students will participate in The Golden Sneaker Walking Challenge as part of team with their classmates that will challenge an opposing team of classmates. The team with the most steps wins!

This is week-long competition.

Students will receive a pedometer and instructions on how to use them. They will track their steps each day of the week until the challenge ends.

Students are to leave the pedometers on during the day and track their daily steps up until bedtime using the provided tracking sheet.

We ask that parents make sure their child is entering their daily steps before bed and that pedometers are reset before school the next morning.

Students are to report their daily number of steps to teachers via the method determined by the teacher (email, Google Classroom, bringing the tracking sheet to class, etc.).

The winning team will be awarded The Golden Sneaker Trophy and the top three steppers from each team will receive a "Most Valuable Stepper" certificate.



Instructions for Pedometer Use

We asked that parents review the instructions below with students to ensure the pedometers are properly and appropriately used:

At the end of each day, record daily steps then reset the tracker. Please remind students that it is important to be honest when tracking.

How to Wear pedometers:

On the hip, if they are walking, biking, or using a scooter.

On the arm, if they are using a wheelchair, jumping rope, or jumping jacks.

Take care of the equipment! Pedometers are not waterproof and can be easily damaged. If a pedometer breaks, the school will have extras on hand.

Remember to have fun with this challenge and encourage family, friends, and even pets to be active with you!





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The Golden Sneaker Walking Challenge Student Tracker

Instructions for Pedometer Use:

1. Honor System: At the end of each day, prior to bedtime, record the day's steps in the student tracker.
2. Reset the pedometer each morning before school.
3. Take care of equipment: Pedometers are not waterproof and can be easily damaged.
4. Walking, biking, riding a scooter: the pedometer should be attached to their hip.
5. Using a wheelchair, jumping rope, jumping jacks: the pedometer should be attached to their arm.
6. Enjoy: have fun with this challenge and encourage family and friends to be active with you!

Sample Student Tracker

DAY OF THE WEEK	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE:	10/11	10/12	10/13	10/14	10/15	10/16	10/17	10/18
STEP COUNT	1,000	1,500	2,000	1,220	2,280	3,000	4,000	5,500
TOTAL STEPS WALKED: total from the day before + total from today = total steps walked	1,000	(1,000 from the day before + 1,500 from today) = 2,500	4,500	5,720	8,000	11,000	15,000	20,500

Student Tracker

DAY OF THE WEEK	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE:								
STEP COUNT								
TOTAL STEPS WALKED: total from the day before + total from today = total steps walked								



NEW JERSEY
Safe Routes to School

CROSS COUNTY CONNECTION'S

The Golden Sneaker Walking Challenge Announcement Template

To Be Given The Morning Of The First Day Of The Challenge:

Get ready, Get set, GO! The fourth and fifth grade students will begin their head to head competition, The Golden Sneaker Walking Challenge, today! Do not forget to wear your pedometer every day, all day, and record your steps every night in your student trackers. If you need to replace your pedometer please see your teacher. Happy steppin'!

To Be Given The Day Before The Winner Is Announced:

Today is the day before The Golden Sneaker Walking Challenge Champions are announced. Time to get in as many steps as possible. Step it up!

To Be Given The Day Of The End Of The Challenge:

This week the fourth and fifth grade went head to head in The Golden Sneaker Walking Challenge. We are pleased to announce that the challenge was a success. This week's winners and the Most Valuable Steppers, which are the top three steppers from each grade, will be announced this afternoon in the recess area.

Winner's announcement:

The Golden Sneaker Walking Challenge Most Valuable Steppers are as follows: (present certificates to Top Three Steppers and photo opportunity. Congratulations to you all and thank you for your great contribution toward helping your team get the most steps!

Now, for the winners of The Golden Sneaker Walking Challenge... Drum Roll, please... Mr/Ms. _____'s _____ grade class! (Present trophy and photo opportunity) Let's all be good sports and congratulate our winners! If you want to claim the trophy next time, continue to make stepping a part of your day and maybe next time, your team will be on top!

Thank you to all that participated and made the challenge a success!





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**The Golden Sneaker Walking
Challenge**

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