



**Walk Around the World:** Keep track of how far your class walks and bikes in a month by representing that distance on a map.

### Lesson Plans for Educators

families

schools

design

health

public safety

## Walk Around the World

(Initiated by the Way to Go program in B.C.)

- Display a map of a geographical area that is of interest to you and your class. You will “travel” across this map as you tally distance walked by your students. When choosing a map, take into consideration the likely amount of travel your students will accumulate, and scale your choice accordingly. If you plan a short-term activity with a few students, for instance, a map of the entire U.S. would not show a satisfying progress for the class.
- Distribute a travel diary form for students to track the number of times they walk or bike to and from school. Make sure the form includes the number of miles between the student’s home and school.
- Once a week, the students will multiply the number of times they walked to school and from school by the number of miles from their home to school.
- Add all of the students’ miles together and use the map scale to determine how many inches this represents on the map.
- Take a string and cut it to the length of the miles traveled. Pin one end of the string on the point of the map where the school is located. Now stretch the string out and see where the students can go. Then decide as a class where they will go this week.

- Research that location. Using the Internet, locate a school in that town and communicate via e-mail with another class. Tell them what you are doing and survey them about how they travel to school.
  - Decide as a class where their next destination will be and estimate how long it will take to get there.
  - At the end of a month, see how far the class has gone. Discuss how walking and biking can get you to where you want to go—even long distances.
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## **Variations**

- Collaborate with P.E. instructors to incorporate on-site activity as measured by pedometers. Contact the Center for Safe Routes to School in Washington to request pedometers.
- Place an odometer outside on school grounds to measure the total miles for the school.
- Choose a geographic location that corresponds to current events or your social studies curriculum.