

# Steps Challenge

Motivate students to walk to school by tracking their steps

Theme: **Education, Encouragement** • Audience: **Parents, Students, Teachers** • School Grade: **1-3, 4-8, 9-12** • Mode: **Walk** • Issues: **School Culture**

## Purpose:

To encourage students to walk all or part way to school, and to encourage physical activity throughout the day.

## Description:

A Steps Challenge can take many different forms, depending what works best at your school. Students (and staff) are invited to track the number of steps they take on the journey to/from school, and track their progress either as a class or a school. You may wish to create a shared goal or make it a competition to see who can take the most steps. Some examples include:

**Golden Shoe Award:** Spray paint an old shoe and mount it on a base to make a trophy. Award the 'Golden Shoe' to:

- 1) the class that records the most steps each week/month, for example as part of a [Weekly Walking](#) event;
- 2) individual students who consistently record a high number of steps; or
- 3) those who significantly increase their step counts over the course of the challenge.

**Walk Across Canada:** Calculate the distance/number of steps it takes to walk across your province or Canada, with stops along the way at specific cities and towns or landmarks. Then map your progress either as a class or as a whole school. (Bonus: This activity can be easily integrated into [Classroom Lessons](#) focused on math, geography and physical education).

**Steps Challenge Fundraiser:** Partner with a local business or service club that is willing to make a donation to a charity of the school's choice when you reach a predetermined goal (e.g. 10 million steps). You can celebrate your achievement with a big event.

To make a Steps Challenge inclusive at schools where many students aren't able to walk to school, you can allow students to track steps taken to/from their bus stop or whilst they are at school.

## What you will need:

Pedometers or step counting app on smart devices; charts or maps to track steps and/or distance; prizes/awards, other materials as needed specific to the challenge you choose.

## Help:

Teachers, student leaders, parent volunteers, public health nurses; local businesses or service clubs (to donate prizes).

## Resources:

[Got Steps? School-Wide Pedometer Challenge](#)

