



# Teacher's Toolkit

In collaboration with:





Congratulations on joining the School of Walk and Run of Tennessee! This is a partnership between Shelby County Health Department, Baptist Memorial Health Care, Coordinated School Health, the Pink Palace Museum, and Healthy Kids and Teens Inc.

### **Goal of Program:**

The School of Walk and Run of Tennessee aims to increase physical activity among students with the goal of walking 10,000 steps per day. A walking club is a fun way for students and staff to be more active. It can be conducted in before/after school care, recess, or during P.E. time. As a class you will journey across Tennessee, aiming to walk together during the school year and unlocking fun science, history, geography, health, college and university facts along the way.

### **Who's Involved:**

- Teachers
- Students
- Parents

### **How it works:**

**Step 1:** Announce program to students (script included in packet). Send student packets home.

**Step 2:** Designate when the club is meeting and pass out pedometers. Display walking map of Tennessee in classroom using projector or print as poster.

**Step 3:** Have participants record their steps from school & home using the logs provided in student packets. Track steps on the classroom tracking chart.

**Step 4:** Share fact cards and swag as participants reach destinations on the map.

**Step 5:** Report total class distances at the end of each month to [Geretta.Hollins@shelbycountytn.gov](mailto:Geretta.Hollins@shelbycountytn.gov)

### **What's included In This Tool Kit:**

- Script for announcing program
- Map of Tennessee & facts about each destination
- Classroom steps tracking chart
- Student toolkit to send home with your participants

Please contact Ms. Hollins at [Geretta.Hollins@shelbycountytn.gov](mailto:Geretta.Hollins@shelbycountytn.gov) if you have any questions or if you need more incentives. We're looking forward to a healthier school year!

# Teacher Script



## **Students:**

This school year, we are going to participate in the School of Walk and Run program. It's a fun way to help us all walk more at school and at home to become healthier.

Our goal is to walk at least 10,000 steps a day. 10,000 steps equal five miles. While that sounds like a lot, you'll be surprised how easy it is to do!

## **How it works:**

As a class, we will clip on our pedometers and track our steps for the day. At the end of the day, you record your steps on the classroom mileage chart.

You can also walk at home with your family. The guide folder shows a lot of fun parks/trails in the Memphis area you can visit. You can record your walking just like at school and have your parents sign the mileage sheet. Bring it back to school and get credit for completing the activity.

## **In your walking kit you will get:**

- list of parks
- mileage sheet to track your steps
- pedometer which measures each step you take

## **What's in store:**

- As we walk you will learn fun facts about each place.
- You will receive prizes along the way!
- We will celebrate at the end of the year with other schools!




In our classroom we will have a map of Tennessee. Our goal for the school year is to walk 1,600 miles together around Tennessee!

# CLASS MAP GUIDE

Using the electronic copy, project map of Tennessee in classroom or print poster size to display in room. Track students' steps across Tennessee and report total class steps to [Geretta.Hollins@shelbycountyttn.gov](mailto:Geretta.Hollins@shelbycountyttn.gov).



## MAP KEY:

-  1 mile=2000 steps or 20 minutes of physical activity. The goal is for students to walk 5-6 miles (10,000-12,000 steps) per day.
-  Dots = weekly waypoints. Each week your class will unlock a new waypoint as they walk to the next destination. Using the provided Waypoint PowerPoint, share history, science, health, and college/university facts about each stop.
-  Pin = >250 miles travelled. Each pin is a special waypoint, marking >250 miles travelled.

## SAMPLES OF FACT CARDS:

### COLLEGES & UNIVERSITIES

Rhodes College, located just minutes from the Mississippi River, is ranked among the nation's top liberal arts schools. There are over 50 majors and minors to choose from!



### HEALTH



**5**

Aim to eat **5 OR MORE** fruits and vegetables every day. Did you know fresh and frozen are better for you than canned?

Eat a rainbow of colors as different fruits and vegetables include different vitamins and minerals!

### SCIENCE

**The Brain: An Idea Generator**  
The brain works on electricity. The same power that gives you light at night also runs your brain, giving you your thoughts, emotions and moves your muscles!

When we are awake, the brain produces enough electricity to power a 40 watt lightbulb for 24 hours!

