



# Walk this Way

Name \_\_\_\_\_

## Step Length

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  
Step two \_\_\_\_\_ inches  
Step three \_\_\_\_\_ inches

Average Step Length \_\_\_\_\_ inches  
(add three steps and divide by 3)

## Class Walk

1. Number of steps I took \_\_\_\_\_ x my average step length = \_\_\_\_\_ total inches walked.
2. Total inches walked \_\_\_\_\_  $\div$  12 = \_\_\_\_\_ number of feet walked.
3. Number of minutes we walked \_\_\_\_\_.
4. 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 into the class Walk Box to help reach our class goal.

## Class Goal

Our class will walk \_\_\_\_\_ minutes or \_\_\_\_\_ steps per day while at school.

## Other Class Goals