



## nrg Walks Challenge Instructions

### Calling all teachers!

Welcome to the nrg Walks Challenge! Brand new for the 2009-10 school year, the nrg Walks Challenge is a statewide competition for schools that encourages classroom teachers to get their students walking during International Walk to School Week (October 5-9, 2009), with the chance to compete for prizes.

The Challenge is provided by the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital (Center) and sponsored by the Pennsylvania Department of Transportation and the U.S. Department of Transportation, Federal Highway Administration.

This document provides instructions on how to implement the nrg Walks Challenge in your classroom.

#### Key Dates

|            |                                      |
|------------|--------------------------------------|
| October 5  | nrg Walks Challenge starts           |
| October 9  | nrg Walks Challenge ends             |
| October 23 | nrg Walks Trackers due at the Center |
| October 30 | Winners announced and notified       |

#### Eligibility

The nrg Walks Challenge is open to all schools (public and private), grades K-8. A high school may participate if it includes at least one grade, K-8.

#### Before Getting Started

The nrg Walks Challenge is a competition between schools across the state. However, activity takes place in the classroom. During International Walk to School Week, teachers lead their respective classrooms in the Challenge.

We encourage all classrooms at your school to participate. The more classrooms that participate, the more walking minutes a school can accumulate, and the greater the chance that your school will win the Challenge. Recruit teachers in your school to lead the Challenge in their classrooms. Once you have teachers on board, you're ready to get started.

## What You'll Need

- nrg Walks Bulletin Board (one for each classroom)
- nrg Walks Tracker (one for each student in your class)
- nrg Walks Recognition Sneaker (five for each student in your class)
- nrg Walks Tracker – Class Totals (one for each classroom)

Go to <http://www.nrgbalance.org/for-schools/nrgwalks-challenge-resources.cfm> to download and print these free materials.

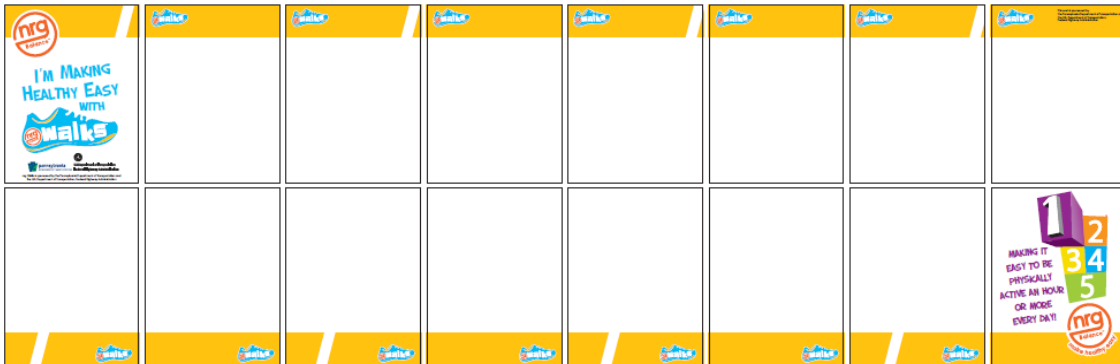
**Are you an nrgBalance Zone school?** Check your Welcome Pack for the nrg Walks Challenge materials.

## How to Participate

Participation in the nrg Walks Challenge is easy! Follow these steps:

### Week prior to the nrg Walks Challenge (Sept. 28-Oct. 2)

- Set up your nrg Walks Bulletin Board. The bulletin board download consists of 16 pages. Each page is an 8 ½" x11" sheet of paper. When laid out, the bulletin board will look like this:



For your convenience, the bulletin board can be reconfigured, depending on how much wall space you have. Feel free to use fewer pages or change the shape of the bulletin board as needed. Or, you may choose to print more than one bulletin board for your classroom.

- Make one copy of the nrg Walks Tracker for each student.

| nrg Walks Tracker |             |             |             |             |             |
|-------------------|-------------|-------------|-------------|-------------|-------------|
| Day 1             | Day 2       | Day 3       | Day 4       | Day 5       | Total       |
| ___ minutes       | ___ minutes | ___ minutes | ___ minutes | ___ minutes | ___ minutes |

- Make five copies of the nrg Walks Recognition Sneaker for each student in your class (one for each day of the Challenge).
- Print one copy of the nrg Walks Tracker – Class Totals.
- Tell students about the nrg Walks Challenge!



**The Week of the nrg Walks Challenge (Oct. 5-9)**

□ Day 1: Monday

- As a class, set a walking goal for the day. Maybe you'll decide to walk 10 minutes as a class on Monday.
- Get walking! Carve out time during the day to walk as a class. Where can you walk? Down the hall, outside on the playground, around the track or a sports field (if applicable). A few minutes here and there can really add up! Keep track of your minutes.
- At the end of the day, hand out one copy of the nrg Walks Tracker to each student. Ask each student to record his/her walking minutes on the nrg Walks Tracker in the space provided for Day 1.
- Did you meet your walking goal for the day? If so, give each student an nrg Walks Recognition Sneaker. Ask students to write their names in the space provided. Post the Recognition Sneakers on the nrg Walks Bulletin Board. Your bulletin board might start to look like this:



Imagine what it will look like by the end of the week!

- Collect the nrg Walks Tracker from each student to use on Day 2. Using the nrg Walks Tracker – Class Totals document, add up your class total for the day. If you have 10 students in your class, and each student walked 10 minutes, your total for the day will be 100 minutes. Enter this number in the space provided for Day 1.

□ Day 2: Tuesday

- As a class, set a walking goal for the day. Maybe you'll decide to walk 12 minutes as a class on Tuesday.
- Get walking! Carve out time during the day to walk as a class. Remember, a few minutes here and there can really add up! Keep track of your minutes.
- At the end of the day, hand out the nrg Walks Tracker to each student. Ask each student to record his/her walking minutes on the nrg Walks Tracker in the space provided for Day 2.
- Did you meet your walking goal for the day? If so, give each student an nrg Walks Recognition Sneaker. Ask students to write their names in the space provided. Post the Recognition Sneakers on the nrg Walks Bulletin Board.
- Collect the nrg Walks Tracker from each student to use on Day 3. Using the nrg Walks Tracker – Class Totals document, add up your class total for the day. Remember: If you have 10 students in your class, and each student walked 10 minutes, your total for the day will be 100 minutes. Enter this number in the space provided for Day 2.

□ Day 3: Wednesday

- As a class, set a walking goal for the day. Today is Walk to School Day! Maybe you'll decide to walk an extra few minutes as a class on Wednesday.
- Get walking! Carve out time during the day to walk as a class. Keep track of your minutes.
- At the end of the day, hand out the nrg Walks Tracker to each student. Ask each student to record his/her walking minutes on the nrg Walks Tracker in the space provided for Day 3.
- Did you meet your walking goal for the day? If so, give each student an nrg Walks Recognition Sneaker. Ask students to write their names in the space provided. Post the Recognition Sneakers on the nrg Walks Bulletin Board.
- Collect the nrg Walks Tracker from each student to use on Day 4. Using the nrg Walks Tracker – Class Totals document, add up your class total for the day. Enter this number in the space provided for Day 3.

□ Day 4: Thursday

- As a class, set a walking goal for the day.
- Get walking! Carve out time during the day to walk as a class. Keep track of your minutes.
- At the end of the day, hand out the nrg Walks Tracker to each student. Ask each student to record his/her walking minutes on the nrg Walks Tracker in the space provided for Day 4. Collect the nrg Walks Tracker to use on Day 5.
- Did you meet your walking goal for the day? If so, give each student an nrg Walks Recognition Sneaker. Ask students to write their names in the space provided. Post the Recognition Sneakers on the nrg Walks Bulletin Board.
- Collect the nrg Walks Tracker from each student to use on Day 5. Using the nrg Walks Tracker – Class Totals document, add up your class total for the day. Enter this number in the space provided for Day 4.

□ Day 5: Friday

Today is the last day for the nrg Walks Challenge!

- As a class, set a walking goal for the day.
- Get walking! Carve out time during the day to walk as a class. Keep track of your minutes.
- At the end of the day, hand out the nrg Walks Tracker to each student. Ask each student to record his/her walking minutes on the nrg Walks Tracker in the space provided for Day 5.
- Did you meet your walking goal for the day? If so, give each student an nrg Walks Recognition Sneaker. Ask students to write their names in the space provided. Post the Recognition Sneakers on the nrg Walks Bulletin Board.
- We're not done yet! Have students add up their total walking minutes for the week and enter the number in the space provided. How many minutes did each student walk?
- Collect the nrg Walks Tracker from each student. Using the nrg Walks Tracker – Class Totals document:

- Add up your class total for the day. Enter this number in the space provided for Day 5.
- Add up each student's total walking minutes for the week, and enter this number in the space provided. If you have 10 students in your class, and each student walked 50 minutes, your class total for the week will be 500 minutes. Wow! This is a big accomplishment!

### **The Week of following the nrg Walks Challenge (Oct. 12-16)**

#### Next Steps

Now that your class has completed the nrg Walks Challenge, it's time to show us how you did. Return your completed nrg Walks Tracker – Class Totals document to the Center by October 23. You may:

- Scan and email your completed document to Farah Kauffman at [fkauffman@psu.edu](mailto:fkauffman@psu.edu).
- Fax it to Farah Kauffman at 717-531-0146.
- Mail it to: Farah Kauffman  
Active Communities Coordinator  
Center for Nutrition and Activity Promotion  
Department of Public Health Sciences, A210  
600 Centerview Drive, Ste 2200  
Hershey, PA 17033

Schools with the highest walking minute totals will be eligible for prizes. Winners will be announced and notified on October 30.

For more information, contact Farah Kauffman at 717-531-1440, x3 or [fkauffman@psu.edu](mailto:fkauffman@psu.edu).