

go **PLAY** [kansas.com](https://www.kansas.com)  
DISCOVER, CONNECT AND GO PLAY

## go PLAY Kansas Lesson Plan

### “Happy Trails”

**Grade Level:** Upper elementary, middle and high school

**NASPE Standard 4:** A physically educated person achieves and maintains a health-enhancing level of physical fitness.

**Purpose:** To provide students with a variety of places where they can walk or jog. To give students exposure to the “go Play Kansas” web site.

**Equipment needed:** Access to a computer and the internet, and a pedometer (can be done without pedometers)

### Activity Description:

Students will be given the following directions for completing the activity.

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of all of the trails that can be found within two miles of your home address. (If you need to increase the distance you can do that but start with 2 miles.)

First type in your address, then select 2 miles, then select “find an activity/find a trail/walking or jogging/any surface” and submit the information.

During the next two weeks you need take four 30 minute walks (or jogs) on one of the trails. Try to go to at least two different parks so you will know what the trails are like in different places. If you have a pedometer, wear the pedometer and see how many steps you take during that 30 minutes. If you don’t have a pedometer, check your heart rate three different times (when you start, after 15 minutes, and when you finish).

Fill out the attached chart after each walk.

**Lesson Plan Activity Chart:**

**Happy Trails**

<b>Date</b>	<b>Park</b>	<b>Type of Trail</b>	<b>Number of Steps or Heart Rate</b>	<b>Who went with you?</b>

1) What trail did you like the best and why?

2) How can an activity like this improve your physical fitness?

3) How would you convince a friend to go with you to this park?

4) What did you learn about the “goPlay Kansas” web site?