

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

## go PLAY Kansas Lesson Plan

### “How Far Is It?”

**Grade Level:** Middle and high school

**NASPE Standard 3:** A physically educated person participates regularly in physical activity.

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

**NASPE Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Purpose:** To provide an opportunity for students to walk on a local trail with a partner or in a small group. To give students exposure to the “go Play Kansas” web site.

**Equipment needed:** Access to a computer and the internet, pedometers and handheld GPS units if available

**Activity Description:** Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of walking trails that are a close distance to your school. Select one that is close enough that you could do the activity during a class period. If possible prior to doing the activity, show the students the web site on a projector and walk through how you did the search. This will help them have a better understanding of how to do this on their own time.

As a class go to the park and walk the trail/s during your class time. You can choose from the following ideas to add to the activity, or just let them enjoy being outside and walking!

1. If you have pedometers, give the students a card that has certain “landmarks” that they would find while walking (bench, something unusual about the landscape, etc.). Have them each record how many steps they have at each of those places.
2. Give the students a list of topics to talk about while they are walking (include things like, what fitness components are they working on, what is neat about the trail they are on, nutrition and health topics, what they plan to do to stay active when they are no longer in p.e. class, etc.)
3. If you have handheld GPS units, search the Geocaching web site for caches that may be in the park and have the students find them. If there aren’t very many, you could place some for them to find.
4. If you have handheld GPS units you can give them certain things to look for and then have them mark the coordinates.

At the end, have a quick class discussion about what they liked about the trail, how well their group followed directions and worked together, and how they could use the “goPlayKansas” web site to be more physically active.