

## Movin' for Miles Club

### Preparation:

1. Read through all Movin' for Miles Club directions on this page before you begin. You will be the coordinator this year for this promotion unless you have a volunteer that you can find to help you run it during recess.
2. Prepare a parent letter and include the description of the activity (see *Movin' for Miles Parent Letter*). Include information about grading procedure if you plan to use this as part of their PE grade.
3. Develop a record keeping spreadsheet or use the Movin' for Miles cards (see *Mile Record Keeper*). Use the method that is easiest for you. Since you are doing it during class, the easiest way will probably be the Mile Record Keeper. The cards were developed to help students keep track at recess.

### Designate When You Will Run this Promotion:

**Start Date:** \_\_\_\_\_ **End Date:** \_\_\_\_\_

**Designate Running Days:**      Mon    Tue    Wed    Thu    Fri    Sat    Sun

**Duration:** \_\_\_\_\_

*Note: You don't want to run too many days, or the students may get bored.*

### Running the Program:

1. You may wish to give your students motivational rewards, such as placing their name on a "recognition" wall when they have reached a specific number of miles.
2. Decide whether you want to recognize students with certificates after a certain mileage (i.e. 10, 20 or 30 miles), or if you want to give each student a certificate at the end of the program. After the first year of running your program, you may want to give students a certificate at the end of the promotion for participation. If you feel that you can personalize the certificates, include the total mileage the student completed. (See *Participation Certificate* in coordination packet).
3. Designate the days that you will run the program and make sure to post signs (see *Movin' for Miles Sign*) so students know when it's Movin' for Miles day.