



## Activity Plan

**TITLE:** Journey Across the United States

**CURRICULAR AREA(S):** Geography/History/Math

**KEY SKILL(S) and CONCEPT(S):** Calculating distances within states, map reading skills

**SUGGESTED GRADE LEVEL(S):** 5-8

**OBJECTIVE(S):** Students will be able to:

- Demonstrate use of pedometers to log mileage during PE class or before/during/after school programs.
- Identify key places on a map and investigate points of interest along their route.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

**MATERIALS NEEDED:** Pedometers, map(s) of U.S. states

### DESCRIPTION:

Students will pick a national landmark in their home state or any U.S. state. Using their pedometers, students should monitor distances run during physical education class, before and/or after school or during recess. Have students add distances and track progress on their state map(s) as they travel toward their selected national landmark. Starting point for monitoring distance will be the school. Progress can be added and recorded daily or weekly.

### TEACHING SUGGESTIONS/TIPS:

- Predetermine and discuss with students how distances will be recorded (daily or weekly) and who will keep daily or weekly records (teacher or students).
- Use the PECentral LogIt feature at <http://www.peclogit.org/logit.asp> to record and track student progress.

### VARIATIONS AND/OR EXTENSIONS:

- Have students work in small groups to reach landmarks of greater distance from the school.
- Select a landmark(s) for students based on current social studies, history or geography curriculum (Oregon Trail, Lewis and Clarke trail, etc.).
- Have students research the state or national landmark they are traveling to and turn in a short research paper.