

Fitness Activities in your community

Summary

As an extra credit/ homework assignment student will discover various fitness activities available in Murray Park using a GPS unit.

Time Frame

2 class periods of 45 minutes each

Group Size

Small Groups

Materials

8-10 GPS for students to check out, to do the assignment. Worksheet

Background for Teachers

How to use a GPS and program waypoints into a GPS

Intended Learning Outcomes

Students will experience a new physical activity (Geocaching). Student will learn of various physical activities available to them in their community.

Instructional Procedures

Day 1 teacher introduces what a GPS is to the students and how it works. Give them time to learn how to find waypoint while using a GPS. Set up points in the GPS around the school and have them find practice finding them. Handout extra credit sheet/homework to those who wish to try the activity in the community.

Strategies for Diverse Learners

This is an elective activity students with special needs can be helped by parents. Or it may be done with a partner or in small groups to help each other.

Assessment Plan

Completion of worksheet.

Rubrics

[GPS Fitness activity](#)

Bibliography

geocaching.com

Authors

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