

**Project Title: School and Community for Mapping Fitness Trails in
Snow Canyon High School boundaries.**

Locating running trails for community and students to build positive relationship for healthy lifestyles and to increase participation in school 5k run.

Project Title: School and Community mapping of fitness trails.

Created by: Jay Graft

Class: CMAP Summer 2013

Project Description	Snow Canyon High School students, parents and community members will be encouraged to create a map of the existing trails in our community. This will give us an opportunity to create a map of streets/roads that serve as connecting points to connect trails together. This will provide students and community members to use mapping technologies. Our goal is three fold; first to provide our Fit for Life students and community to have access to safe trails to improve their endurance, second, to prepare them to run 5k at the end of each semester as part of the class, third, to raise money for the track team. Individuals will be able to access a website that will have a map of trails and information about which are lighted ones, as well as distance. Also a q-bar code so they can access information from their phones.
Community Issue or Problem Selected -How project evolved?	We have many trails used to run/bike on. Some connect to each other and many do not. This causes some safety issues along with not knowing which ones are lighted at night. Also we need to help raise funds for the track team by getting more people to participate in a 5k run at the end of each semester.
Community Partner(s)	PTA, local businesses, school and community council, city council members, police dept.
Project Objectives	<ol style="list-style-type: none"> 1. Students and community members will experience the joy of getting into shape, which will hopefully lead to a desire for a healthy lifestyle. 2. Demonstrate a knowledge of mapping. 3. Participants will improve their running times and endurance. 4. Teacher will list the GPS coordinates on UEN web page, with a list of running times, number of days, top ten finishes for 5k for year to year. 5. Teacher, students and community will work together to raise funds for track team.

<p>Utah Core Standards/Objectives</p>	<p>Physical Education</p> <p>Standard 3 Students will participate regularly in physical activity.</p> <p>Objective 1 Assess personal fitness level and maintain a basic plan that includes all elements of fitness.</p> <p>Objective 2 Participate in activities that promote physical fitness.</p> <p>Standard 4 Students will achieve and maintain health-enhancing levels of fitness.</p> <p>Objective 4 Adjust and monitor fitness and exercise programs using a variety of technological resources.</p> <p>Standard 5 Students will exhibit responsible and social behaviors that show respect for themselves and others in a physical activity settings.</p> <p>Objective 1 Demonstrate the ability to make responsible choices in activity.</p>
<p>Essential Question(s) -Spatial Issue</p>	<p>How can school and community increase the participants in the run for increasing funds for the track team? And also, provide them with an opportunity to develop a healthy life style.</p>
<p>Assessments (rubrics, scoring guides)</p>	<p>Students and community will be assessed by informal observation and input, and they may refer to the UEN rubric tool or google earth or arcgis.</p>
<p>Project Products</p>	<p>Students will learn the basics of mapping with GPS to create a map of practice trails. The map will be available to students , parents and community. This help them to prepare to compete the 5K.</p>
<p>Project Timeline (include a step by step Procedures)</p>	<ol style="list-style-type: none"> 1. Students and community members can go online at the Snow Canyon web page to see the map of trails to help them prepare for the 5k. 2. Student and community members can begin a fitness program by using the the mapped trails.

	<p>3. Community members and local business can make a donation or commit to a sponsorship.</p> <p>4. Will list sponsorships on Tee shirts that will be given to all 5 participants.</p>
Resources Needed	Computers, software google earth, arcgis, data running/walkingshoes, and a good attitude towards fitness
Skills Required	Use of GPS units, basic computer skills, following directions working with partners/families/friends, using provided way points and tracks, downloading GPS info, desire to walk or run to increase fitness level.
Project Team Member Roles	<p>Teacher(s): Jay Graft</p> <p>Students: Snow Canyon High</p> <p>Partner(s): community sponsors and participants</p>
Celebration/Presentation	All participants will receive a t-shirt upon completing the 5k run
Project Evaluation	Did students complete the map of trails and post it on web page
Project Bibliography	<p>http://www.uen.org/core/core.do?courseNum=7700</p> <p>http://www.uen.org/cmap/coures/GPS/index.htm</p> <p>http://www.scwarrior.net Community trail map and 5k route</p> <p>http://www.cmap.maps.arcgis.com/home/</p>
Plans for Future CMAP Activities	Upon completion of the first year-- we hope to expand the number of participants in 5k. to include people from other communities.

Optional:

- Lesson Plans
- Student Artifacts
- Publicity