**Virtual Running & Curriculum Integration**

**Overview:**

In the midst of a global pandemic, it’s become increasingly difficult to navigate the confusion and uncertainty around physical education and finding ways to reach/inspire our students. It’s important to remember that we have an important role when it comes to reaching students and inspiring them to become active learners and lovers of physical activity.

Creating a virtual running club is easier than it appears and something that will give you, the teacher, an opportunity to teach important topics, concepts, and curricular components. Consider how amazing it will be to take a journey across America using the miles your students earn. Consider how fascinating it will be to give a history lesson for a city/state you reach, the geography features for an area you reached, the weather for that area of the country (in-live time), and much more!

Working on reaching out to athletes, collegiate and professional, sport personalities, public figures, district leaders, and anyone else that can aid in inspiring/motivating your students is encouraged! (Social Media is your friend and will aid in reaching out to people)!!!

**How to Start:**

* Create a Google Form (Allows you to ask questions, post pictures (postcards for areas you reach can be added to showcase your journey), add videos (shout-outs from various people to build excitement for your students), and anything else you want to add.
* Send the link of your Google Form to students and families. Use school websites, social media accounts, and school-wide messaging system in place to reach as many students/families as possible.
* Include questions that pertain to any topic, skill, or academic subject area that can be integrated into this challenge.
* Google Form Example: <https://docs.google.com/forms/d/e/1FAIpQLSd-u4emLzPnNaIsxHzMfVQXHkHtQxOP5-0MinZxfxOwyGCgRg/viewform>
* Website Page Example: <https://coachmartinpe.weebly.com/virtual-run-challenge.html>

**Areas to Include in Your Challenge:**

* **Fitness:** Have science of running, exercise components, best practices, etc.
* **Health:** How exercise can impact health; Include healthy eating challenges in your form; mindfulness & SEL
* **Mathematics:** Students can use a formula to determine how many miles they’ve completed by converting steps into miles. (2,500 steps = 1 mile); Ask how many miles until they reach a destination.
* **Science:** Include Geography of areas student reach, weather for current area, exercise science related topics, etc.
* **History:** Include history of current area (city/state); You can ask questions and/or essay topics based on historical facts/topics.