A physical activity club is a great way to provide opportunities for students to get physical activity every day. Check out the example clubs below and give them a try, or come up with your own club!

Thousand-Step Thursday
Keep track of steps using pedometers and record steps on a chart or incorporate them into a mathematics lesson.

On-the-Move Monday (or Walking Wednesday)
Make a commitment to walk for a period of time every Monday (or Wednesday) for the entire school year.

Twenty Miles in Twenty Days
Choose a month with twenty school days. Map out an area around the school or community that is exactly one mile. Every day for a month, have students walk the mile course. At the end of the month, they will proudly say that they were able to walk twenty miles in twenty days! This is a great activity for the spring.