



ALL AGES

# PICK UP THE PACE

Planning a trip of 10 minutes or more with your group? Embark on a journey to discover your region, one step at a time!



## MATERIALS AND SUPPLIES

- Stopwatch or watch
- “Ideas for getting around” appendix (see following page)
- Map of your region showing the name of your city
- Pen or marker

## DESCRIPTION

### 1 Prepare yourself

- Print a map of your region showing the name of your city. It will be your starting point!
- Prepare a list of attractions on your map (a park, a pick-your-own field, a bike path, a museum, etc.).
- Print the appendix (Ideas for getting around).

### 2 Prepare your campers

- Explain to your campers that they’re going on an adventure where they’ll explore their region (show them the map) while moving at varying intensities. For every 10 minutes of active travel, they’ll be transported to a new location of their choice on the map with the aim of visiting as many places as possible!
- Make sure all your campers have suitable walking shoes.
- Remind them to go at their own pace.

### 3 Do the activity

- Start the activity with a few minutes of walking to help the campers warm up. The longer the trip, the longer the warm-up should be (e.g., a 5-minute warm-up for a 30-minute outing).
- Ask the kids to make various movements en route. Use the appendix (Ideas for Getting Around) as a guide.
- Regularly alternate (e.g., every 60 seconds) between low- and high-intensity movement.

- End the activity with a few minutes of slow walking before you reach your destination.

### 4 Reflect on the activity

- Measure the duration of the trip using the stopwatch or watch.
- For every 10 minutes done, ask the campers to choose a place on the map to visit and then draw a line to it.
- Show them an attraction near the chosen location and ask if they’ve ever seen or visited it, what they know about it, etc.
- Ask which movement they found easiest or hardest, liked most or least, etc.

### 5 Repeat the activity

- Repeat the activity and invent physical movements of your own or even ask the kids for inspiration! You can also explore other Canadian regions or provinces.



## IDEAS FOR GETTING AROUND



INTENSITY



- Walk in **slow motion**
- Walk **backwards**
- Walk with **criss-crossing steps**
- Walk in a **crouching position**
- Walk like a **tightrope walker**
- Walk **like you're avoiding puddles**
- Walk **like your body's made of water**
- Walk **like your body's made of ice**
- Walk **like your body is light as a feather**
- Walk **like your feet want to stick to the ground**
- Walk **like a penguin**
- Walk while pretending to **swim like a fish**
  
- **Jog**
- Run **in a zigzag**
- Run **as fast as possible up to point X**
- Run while **dribbling an imaginary basketball**
- Run while **kicking an imaginary soccer ball**
- Hop forward **on one foot**
- Hop forward **from one foot to the other**
- Jump **like a frog**
- Jump **with your feet together**
- Gallop **like a horse**
- Imitate **a fencer with a sword (side skipping)**
- Skip like it's **the happiest day of your life**