

Get Active, New Rochelle! Leading the Way to Healthier Lives
Activity List #11

Work through this *activity list* in any order you choose! Tip: Work through an entire section before moving into a new section.

Type	Title and Description	Time
<i>Planning Your Campaign: Measuring the Distance</i>		
Choice	<ol style="list-style-type: none"> 1. Work with a partner or by yourself. 2. Review the Get Active, New Rochelle Campaign Planning Sheet located in the <i>resource area</i>. 3. On your planning sheet, complete the following section: <ol style="list-style-type: none"> a. Measurement data showing how far it is for kids in your neighborhood to walk or bike to local parks 4. You can look back at Activity List #3 and in your <i>Efficacy Notebook</i> to find the distance from your home and your school to the nearest local park and/or your favorite park. You may also use this tool to find the distance from your home/school to the nearest local park and/or your favorite park. 5. Answer the following questions in your <i>Efficacy Notebook</i>: <ol style="list-style-type: none"> a. Distance from school to the nearest local park in miles b. Distance from school to the nearest local park in yards c. Distance from school to the nearest local park in feet d. Distance from your home to the nearest local park in miles e. Distance from your home to the nearest local park in yards f. Distance from your home to the nearest local park in feet 6. Once you have completed this section, share your answers with your teacher! 	25 min
<i>Wrapping Up Your Campaign Plan</i>		
Required	<ol style="list-style-type: none"> 1. Review the Get Active, New Rochelle Campaign Planning Sheet located in the <i>resource area</i>. 2. On your planning sheet, complete the following three sections: <ol style="list-style-type: none"> a. Supporting your claim with 3 reasons . . . b. Conclusion c. Audience 3. You can look back at Activity List #6 and in your <i>Efficacy Notebook</i> to review what you have learned about Claims, Reasoning, and Evidence. 4. Once you have completed these sections, share your answers with your teacher! 	30 min
<i>Taking a Look Back</i>		

Optional	Use this time to look back at Activity Lists #1–10. If there are any activities that you have not finished yet, please do so now. If you have completed all activities from Activity Lists #1–10, you can use this time to do the Optional activities on these <i>activity lists</i> .	20 min
<i>Self-Reflect</i>		
Required	<p>Weekly Reflection: Answer at least one of the following reflection questions in your <i>Efficacy Notebook</i>:</p> <ol style="list-style-type: none"> 1. Describe a challenge you faced in your learning today. How did you overcome it? What did you learn from facing this challenge? 2. Write or draw about something exciting or interesting that you learned today. Why was it important to you? How does it connect to what you already know? 3. Describe something your teacher did really well today and how it helped you. Are there any ways they can help you more tomorrow? 	10 min