



Summit Series

Cross-Curricular with Numeracy

How It Works

The **Summit Series** is a fun and unique way of using the *Functional Fitness Charts* to get students active in the classroom while incorporating numeracy and Geography.

Working in teams, students choose which of the tallest mountains in the world they would like to climb, ex. Mt. Everest. Together the students determine how many steps it would take to climb to the top of the mountain based on its elevation. Once the number of steps is determined, the teams will use pedometers to track their steps while they play games and activities using the *Functional Fitness Charts*. At the end of each activity teammates record the number of individual steps they've taken and then add them together to track how far up the mountain they have climbed.

Materials Needed

- Selection of *Functional Fitness Charts*
- Lesson plans for various games and activities
- One pedometer per student (we recommend <http://www.stepscount.com>)
- Chart outlining the tallest mountains and their elevation (included)

Preparation

- List of the tallest summits from different continents. Include the elevation for each summit (where one foot is equal to one step)
- Optional lesson: have teams work together to convert the elevation from metric (meters) to imperial (feet) to determine how many steps they need to reach the summit of the mountain they selected

Suggested Approach

- Clearly explain how the activity works and its main goal
- Select a variety of *Functional Fitness Charts* to use and a variety of different games and activities
- Ensure students are familiar with each chart before they begin any activity
- Create a chart where teams can track how many steps they have taken, and how many more they need to reach their summit of their mountain



Grow Your Summit Series

Add a Standalone Station for Self-Regulation

How It Works

“Engineer your classroom environment for movement” by offering students an outlet for self-regulation and executive functioning. Providing students a safe-space for self-regulation allows them to burn excess energy, release pent-up stress and anxiety as well as to refocus their minds so that they can be more productive classroom participants.

Create a permanent fitness station in one corner of your classroom or in the hallway just outside of it. Equip the station with one or two charts, a pedometer and Yoga mat (if desired).

Additional Materials Needed

- Cork board — to attach the chart of the day/week to, details of the summit chosen, number of steps required and number of steps currently reached
- Pedometer(s)
- Yoga mat (optional)

Additional Preparation

- Set up your fitness board in an easy, identifiable location — ensure the board is located in an area with enough space for a student or two to comfortably perform the chart actions
- Add a suggested number of repetitions to station’s chart for guidance

Suggested Approach

- Clearly explain to students what self-regulation is, the rules around it, and what is expected of them if they chose to use the fitness board
- Walk students through the charts chosen for the fitness board, indicating how to complete the activities correctly
- Change the board’s charts daily or weekly for variety