

## Walk 5 Miles Club

### Community Objective(s)

To organize a weekly walking program at the elementary school walking track and multipurpose room with a goal of walking five miles for both students and senior citizens.

### Background

After students became involved with senior citizens from the local community center, we noticed a common physical concern. Both students and seniors needed more exercise. We decided to start a walking club that would not only improve our bonding process between students and seniors but would help improve physical well-being.

### Challenged Student Conditions

Physically and educationally challenged students can be service providers in the "Walk 5 Miles Club" by:

- ~recruiting them to help in the planning of activities
- ~providing assistance in helping anyone with physical challenges
- ~pairing students and seniors in walking

### Resources

- ~Walking facilities both inside and outside
- ~ Elementary student volunteers and senior citizen volunteers

### Timeline of Service Activities

School Year (Sept June)

- ~Contact school and senior center for volunteers
- ~Plan schedule

### Reflection

- ~Students and seniors will keep a walking journal with logged miles and other positive activities that took place during their walks
- ~Observations will be made on improvement of health and fitness
- ~Sharing thoughts on how the activities have improved health
- ~Both will try to recruit new walkers from the community

WEST VIRGINIA'S  
SERVICE-LEARNING LESSON-PLANS  
FOR K-12 CHALLENGED STUDENTS

~Students will write thank you letters to the seniors that will appear in the local newspaper

**Celebration**

- ~Local media will be invited to chart weekly progress
- ~End of year picnic for all involved in the program
- ~Awards and certificates will be given during the picnic
- ~Logo T-shirts will be printed and given at the end of the project

**Academic Objectives**

**WV IGOs**

**Health**

- ~Participate in activities that enhance specific body parts, vital organs, and systems (K.7)
- ~Practice health-enhancing activities on a regular basis. (1,6,2,8,3)
- ~Participate regularly in a health enhancing lifetime physical and personal wellness activities. (4, 8)
- ~Identify specific types of unstructured physical activity and exercise. (5,13)

**Additional Objectives**

- ~Mentor Each student will be paired with a senior citizen mentor or foster grandparent

**Contact Information**

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