

## 1000km Walk Competition

### Topic: Greenhouse Gas Emissions

Every time you are driven to school you are contributing to greenhouse gas emissions. We are not telling you this to make you feel guilty, but simply to make you aware, and to remind you that you do have options. This particular option makes you feel good, and it's great for your body!

You would probably have heard of the saying 'killing two birds with the one stone.' We don't like that saying at all. Why would you want to kill a bird? But the saying means: to achieve more than one thing by taking one particular action. This 1000km walk competition achieves lots: it improves fitness, stimulates the release of endorphins ('feel-good' hormones) in your body, reduces obesity, reduces peak-hour traffic AND helps the environment.

### What You Need To Do

Set up a '1000 km walk' competition at your school. Each student measures the distance from home to school. (A car's odometer is a great help for this.) Students then need to record their kilometres every time they walk to and from school and by doing so they will be able to see reaches 1000 km first! This is a great maths activity. It also relies on trust as the students keep track of themselves. We have known similar programs to have great health benefits for the kids, as well as being great for the environment.

Caution: For primary school age students, consider setting up a 'Walking Bus' for the safety of the students.

### Curriculum Links

**Mathematics:** Measurement  
Health and Physical Education

