

## **Walkie Talkie Day or Walkman/CD Player Day**

**Length of Activity:** 30-40 minutes

**Student Grade Level:** Grades 6-7-8

**Equipment:** none

**Outcome:** enjoyment of a lifelong physical endurance activity

**Gayle's Notes:** Students love to talk and listen to music so these endurance days are well received. Sometimes I have them keep track of the number of miles they have run or walked.

### **Activity:**

Students run/walk and talk with their friends on the school mile course. Students are allowed to bring a walkman/CD player to school. They run/walk the mile course enjoying their music.