

# WHAT IS Km CLUB?



**Km Club is an optional activity run by a teacher at your school. It is for students to actively engage in running or walking during a set time, before and after school, or during break times.**

To set up a Km Club:

- A dedicated teacher chooses the time, day, and term for the activity, which can be daily or once a week.
- The teacher will mark a track, measure the distance, and add the distance to the recording table.
- Students can start any time after checking in. As they complete laps, they collect paddle pop sticks.
- Once finished, or at the end of the session, students bring their paddle pop sticks to the recording table to log their results for that session.
- School sports captains, leaders, or volunteers are encouraged to assist with distributing lap sticks and recording results.



Live Life Well @ School

# ORGANISING TEACHER CHECKLIST

- 1 Choose a time that suit you to supervise.
- 2 Advertise the Km Club to families.
- 3 Set up a track and measure the distance. Enter distance in the spreadsheet.
- 4 Organise paddle pop sticks or strips of paper to hand out to students as they complete their laps.
- 5 Enter student's laps into the excel sheet.
- 6 Hand out certificates as students achieve the goals.

*\*\* Note this is just a guide, you are welcome to run it anyway you choose.*

