

## Jogging the Great Wall of China

In preparation for the 2008 Summer Olympics in Beijing, China, several activities in Physical Education will center on the Chinese culture. One of the activities will be “Jogging the Great Wall of China.” Students, faculty, and staff of the early childhood division will accumulate miles throughout the year by walking or jogging and will attempt to travel the length of the Great Wall of China (approximately 4,000 miles). Students will occasionally warm-up in the gym with laps (26 times around is a mile) and can also choose to walk or jog at recess (9 times around the outside perimeter of the quadrangle sidewalk is 1 mile). Many faculty are wearing pedometers (step counters) to keep track of their miles. Each time 35 miles is reached, a new brick will be added to the wall.

The children are very excited about this project and it will certainly help their levels of fitness. We will see how long it takes us to reach our goal!



Check out the pictures below.



Jogging around the quadrangle can be fun!



Students jog a lap around the quadrangle and place an orange stick in the heart box. Nine sticks equal one mile.



We will fill in the bricks on our Great Wall of China bulletin board. Each brick is worth thirty-five miles.