

# Bethel Christian Academy

## Physical Education

1<sup>st</sup>-5<sup>th</sup>



### WALK AT SCHOOL DAY

October 12, 2022

#### THE WALK

Is an exciting campaign asking parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking whenever possible. At BCA we have chosen to walk at school on October 12, 2022

October is designated as the International Walk to School Month- giving children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking.

#### WHO'S WALKING?

The event was established as "International" in 2000, when Canada and the U.K. joined with the U.S. to celebrate. Around the globe, International Walk to School Month brings together more than 40 countries in recognition of the common interest in walking to school.

#### WHY WALK?

Encourage Physical Activity

Promote Family Fitness

Health, Safety and Environment Benefits

Share valuable time with local community leaders, parents and children

#### THE TROJAN WALK

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Wednesday October 12, 2022

Park on the grass

The walk will take place on the football field starting at the gym entrance

Students must be accompanied by a parent

Car lines will proceed as normal for those who cannot participate

Walk will begin promptly at 7:15 at the gym

Walk will end at 7:55 outside the gym

The PE teacher will escort the students back to class