



Steps for Schools is a 5-day fitness competition between Ventura County elementary schools with the goal of teaching students the value of regular physical activity. This competition is supported by Ventura County Public Health and Gold Coast Health Plan.

When? Each school hosts a 5-day fitness competition during the week of April 23-27. Students as a classroom compete during the week chosen by their school. Winners will be announced in the first weeks of May and prizes will then be awarded.

What? Students in participating classrooms earn steps by tracking the time they spend exercising throughout the 5-day challenge. The challenge is focused on walking (hence "steps"), but any physical exercise counts toward steps: walking, playing sports, moving in a wheelchair, sweeping the house, etc. This challenge is an opportunity for elementary schools to reinforce positive, educational messages of active living and its benefits.

Prizes:

- The school with the most steps per participant over a 5-day period earns the title "Steps for Schools Winner".
- The classroom with the most steps per participant will win Blenders in the Grass smoothies for participating students.
- All students who turn in completed Activity Logs will have the chance to win a bicycle.

How? Students fill out and turn in to their teachers Activity Logs with a summary of physical activities and the time spent doing each activity. The time spent physically active is converted into steps. Students' steps count toward their schools' individual teams and their classrooms.

Please contact joann.torres@ventura.org with any questions.

