



Getting started with KM Club

Start small and let it build



KM Club is a simple, fun and cost effective grassroots physical activity program that is suitable for the entire school community. KM Club is unique in the fact that the school can implement a model to suit their individual school environment. Follow our guide to help.

*'It's just thinking creatively...
start small and let it build.'*

*'One teacher who is keen
to do something, that's all
it took'*

GETTING STARTED

KM Club is suitable for all schools.

Identify

- Another keen staff member or parent. You'll need at least 1 school champion to successfully run KM Club.
- A model that best suits your school's context, needs and objectives.
- The days, week and term you will run the program. Start small and let it build.
- One or two tracks and calculate the distance of each.
- When you will run KM Club e.g. before school, during school or after school.
- If KM Club will be voluntary or compulsory.
- If you will record the number of days students have participated or the total distance they have completed.
- If you will use incentives.



Prepare

- Complete a risk assessment for your KM Club.
- Recruit students to help you create a track. Ensure it caters to all abilities.
- Create a backup plan for rainy days e.g., circuit training in hall.
- Print individual student tracker sheets. This will motivate students to participate.
- Print certificates that suit your model e.g. '5km and 25km milestones' or '5 and 25 days completed'.
- Purchase any incentives you wish to use e.g. medals, skipping ropes etc.
- Organise a speaker if you wish to play music. This is a great way to motivate students.

Promote

- Create a KM Club flyer to advertise to your school community.
- Share the flyer wide and far.
- Launch your KM Club with a fun activity e.g. dress up run, marathon music run, principal run etc.

Monitor

- Record student participation and/or distance completed. You could do this with stamp cards, an Australian map, excel spreadsheet. You can even link it in with Maths. Get creative!
- Take photos of KM Club in action and share with your school community.



10 KM

Congratulations!

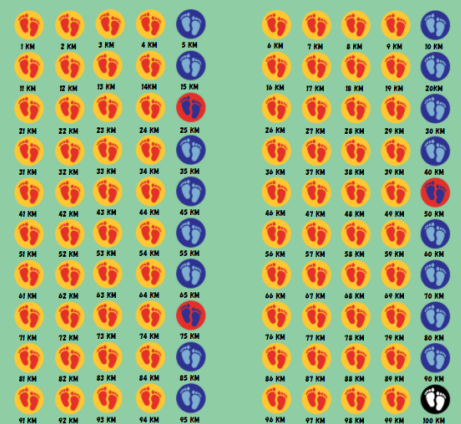


HEALTHYEATING
ACTIVELIVING



Celebrate...

- If using incentives or certificates, hand these out at assembly to motivate students and recognise their involvement.
- Acknowledge student's efforts e.g. school newsletter or Facebook.
- Make it fun! Keep it interesting by allowing students to choose their own movement e.g. run, walk, skip, pass a football etc.
- Play music to keep the students engaged. Perhaps even let a student choose 1 song when they complete % number of days participating.
- KM club can be run as many or as little times per week as it suits your school.



Distance goals



Based on
40 weeks of the year
Running 1km a day



	1 day	2 days	3 days	4 days	5 days
10 participants	400km	800km	1200km	1600km	2000km
20 participants	800km	1600km	2400km	3200km	4000km
30 participants	1200km	2400km	3600km	4800km	6000km
40 participants	1600km	3200km	4800km	6400km	8000km
50 participants	2000km	4000km	6000km	8000km	10000km
200 participants	8000km	16000	24000km	32000km	40000km



Perimeters
Cape York to Melbourne= 3 726km
NSW= 4 635km
Australia= 25 700km
Earth circumference= 40 075km



Strategies for overcoming barriers

