

The Schedule for *Body Walk* Day

Students spend an estimated 5 minutes at each of the *Body Walk* stations.

A 5-minute break for station presenters may be scheduled every 60 – 90 minutes. More frequent breaks tend to be disruptive to the flow of the *Body Walk*. Breaks are easily scheduled by simply delaying the start of a group of students for 5 minutes. Refer to the sample schedules on the following pages.

The *Body Walk* schedule also works best if the entire group of station presenters does not break for lunch at the same time. Each station presenter may begin lunch after the last students in a group exit his/her station. To make the best use of time, keep volunteer lunch breaks to no more than 30 minutes. This ensures that the amount of time between the start of the last group of morning students and the beginning of the first group of afternoon students is no more than 30 minutes. See the sample schedules on the following pages for details.

Sample *Body Walk* Schedules

Schools with 200 or fewer students will finish the *Body Walk* before lunch.

100 Students	
8-10 students per group, 10-13 groups	
<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25

150 Students	
8-10 students per group, 15-19 groups	
<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25
9:35	10:30
9:40	10:35
9:45	10:40
9:50	10:45
9:55	10:50

Sample *Body Walk* Schedules, continued

Schools with 200 or fewer students will finish the *Body Walk* before lunch.

200 Students 8-10 students per group, 25 groups

<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25
9:35	10:30
9:40	10:35
9:45	10:40
9:50	10:45
9:55	10:50
10:00	10:55
10:05	11:00
10:10	11:05
10:15	11:10
10:20	11:15
10:25	11:20
10:30	11:25
10:35	11:30
10:40	11:35
10:45	11:40

Sample *Body Walk* Schedules, continued

250 Students		300 Students	
8-10 students per group, 25-31 groups		8-10 students per group, 30-38 groups	
<u>Start at:</u>	<u>End at:</u>	<u>Start at:</u>	<u>End at:</u>
8:30	9:25	8:30	9:25
8:35	9:30	8:35	9:30
8:40	9:35	8:40	9:35
8:45	9:40	8:45	9:40
8:50	9:45	8:50	9:45
8:55	9:50	8:55	9:50
9:00	9:55	9:00	9:55
9:05	10:00	9:05	10:00
9:10	10:05	9:10	10:05
9:15	10:10	9:15	10:10
9:20	10:15	9:20	10:15
9:25	10:20	9:25	10:20
5 minute break		9:30	10:25
9:35	10:30	9:35	10:30
9:40	10:35	9:40	10:35
9:45	10:40	5 minute break	
9:50	10:45	9:50	10:45
9:55	10:50	9:55	10:50
10:00	10:55	10:00	10:55
10:05	11:00	10:05	11:00
10:10	11:05	10:10	11:05
10:15	11:10	10:15	11:10
10:20	11:15	10:20	11:15
10:25	11:20	10:25	11:20
10:30	11:25	10:30	11:25
5 minute break		5 minute break	
10:40	11:35	10:40	11:35
10:45	11:40	10:45	11:40
10:50	11:45	10:50	11:45
10:55	11:50	10:55	11:50
11:00	11:55	11:00	11:55
		30 minute lunch	
		11:35	12:30
		11:40	12:35
		11:45	12:40
		11:50	12:45
		11:55	12:50
		12:00	12:55
		12:05	1:00
		12:10	1:05

Sample *Body Walk* Schedules, continued

350 Students 8-10 students per group, 35-48 groups

<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:00	12:55
8:35	9:30		12:05	1:00
8:40	9:35		12:10	1:05
8:45	9:40		12:15	1:10
8:50	9:45		12:20	1:15
8:55	9:50		12:25	1:20
9:00	9:55		12:30	1:25
9:05	10:00		12:35	1:30
9:10	10:05		12:40	1:35
9:15	10:10		12:45	1:40
9:20	10:15		12:50	1:45
9:25	10:20		12:55	1:50
5 minute break			1:00	1:55
9:35	10:30		1:05	2:00
9:40	10:35		1:10	2:05
9:45	10:40			
9:50	10:45			
9:55	10:50			
10:00	10:55			
10:05	11:00			
10:10	11:05			
10:15	11:10			
10:20	11:15			
10:25	11:20			
10:30	11:25			
5 minute break				
10:40	11:35			
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
30 minute lunch				

Sample *Body Walk* Schedules, continued

400 Students

8-10 students per group, 40-50 groups

<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:00	12:55
8:35	9:30		12:05	1:00
8:40	9:35		12:10	1:05
8:45	9:40		12:15	1:10
8:50	9:45		12:20	1:15
8:55	9:50		12:25	1:20
9:00	9:55		12:30	1:25
9:05	10:00		12:35	1:30
9:10	10:05		12:40	1:35
9:15	10:10		12:45	1:40
9:20	10:15		12:50	1:45
9:25	10:20		12:55	1:50
5 minute break			1:00	1:55
9:35	10:30		1:05	2:00
9:40	10:35		1:10	2:05
9:45	10:40		1:15	2:10
9:50	10:45		1:20	2:15
9:55	10:50		1:25	2:20
10:00	10:55		1:30	2:25
10:05	11:00		1:35	2:30
10:10	11:05		1:40	2:35
10:15	11:10		1:45	2:40
10:20	11:15		1:50	2:45
10:25	11:20		1:55	2:50
10:30	11:25		2:00	2:55
5 minute break				
10:40	11:35			
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
30 minute lunch				

Sample *Body Walk* Schedules, continued

500 Students

8-10 students per group, 50-65 groups

<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:20	1:15
8:35	9:30		12:25	1:20
8:40	9:35		12:30	1:25
8:45	9:40		12:35	1:30
8:50	9:45		12:40	1:35
8:55	9:50		12:45	1:40
9:00	9:55		12:50	1:45
9:05	10:00		12:55	1:50
9:10	10:05		1:00	1:55
9:15	10:10		1:05	2:00
9:20	10:15		1:10	2:05
9:25	10:20		1:15	2:10
9:30	10:25		1:20	2:15
5 minute break			1:25	2:20
9:40	10:35		1:30	2:25
9:45	10:40		1:35	2:30
9:50	10:45		1:40	2:35
9:55	10:50		1:45	2:40
10:00	10:55		1:50	2:45
10:05	11:00		1:55	2:50
10:10	11:05		2:00	2:55
10:15	11:10		2:05	3:00
10:20	11:15		2:10	3:05
10:25	11:20		2:15	3:10
10:30	11:25		2:20	3:15
10:35	11:30		2:25	3:20
5 minute break			2:30	3:25
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
11:30	12:25			
11:35	12:30			
11:40	12:35			
11:45	12:40			
30 minute lunch				