

## Choctaws Step It Up Activity Conversion Chart

<b>Activity</b>	<b>Time= 1 mile</b>
Baseball	20 min.
Basketball	15 min.
Bicycling	15 min.
Dancing	15 min.
Football flag/touch	12 min.
Golfing	20 min.
Hiking	15 min.
Jogging/ Running	1 mile= 1mile
Jump Rope	10 min.
Kickbox/ Karate	12 min.
PE	15 min.
Racquetball	14 min.
Recess	15 min
Rowing/ Canoeing	20 min.
Soccer	12 min.
Softball	20min.
Swimming	12 min.
Tennis	12 min.
Volleyball	20 min.
Wii Fit	15 min.
Wrestling	12 min.