

Cyberchase

STEP IT UP!



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Overview of



STEP IT UP!

Research has linked physical activity levels in children with physical and emotional health benefits, as well as academic benefits like improved cognitive performance and on-task behavior. Unfortunately, though, most kids don't get as much activity as they should during the school day.

Developed by WNET, producer of Cyberchase, and ChildObesity180 at Tufts University Friedman School of Nutrition Science and Policy, **Cyberchase: Step It Up!** aims to inspire kids and educators to find small opportunities to work more steps into their regular day while enjoying the opportunity to learn related math. Over the course of five weeks, kids will add up to 400 more steps per day – for a total of more than 5,000 added steps. All these small increases can really add up!



About Cyberchase

Cyberchase (pbskids.org/cyberchase) is the Emmy Award®-winning cartoon TV series and transmedia project on PBS KIDS that inspires children 6-11 to approach math with enthusiasm, confidence, and a “can-do” attitude. It shows kids that math is everywhere, and everyone can be good at it!

In a classic battle of good versus evil, the dastardly villain Hacker is on a quest to overthrow Motherboard and rule the cyberworld with the help of his blundering henchbots, Buzz and Delete. But Motherboard enlists the help of three adventurous Earth kids – Inez, Jackie, and Matt – and their bird pal, Digit, to stop him.

Their weapon: brain power. In For Real, the live-action segment following each animated episode, Harry and Bianca show kids how math can help solve life's wacky problems in the real world.

Cyberchase uses kid-friendly themes to bring math to life. A collection of episodes, lessons, and hands-on activities related to math and health, including **Cyberchase: Step It Up!**, serve

the national need to foster healthy eating, physical activity, and other healthy habits in children, especially those in vulnerable communities who are most at risk for obesity. The collection addresses key topics, including being active, healthy meals, seed to table, built environments, and drinking water. You can find resources from this collection on the Cyberchase website at pbskids.org/cyberchase and on PBS LearningMedia at pbslearningmedia.org/collection/cyb.



About ChildObesity180

ChildObesity180 at Tufts University Friedman School is a national leader in childhood obesity prevention. Its leading-edge model blends scientific evidence and rigor with innovation and experience from the private sector to develop, implement, evaluate, and scale high-impact initiatives that will reach 80% of children ages 5–12 in the US.

Program Basics

Who will step up to the challenge?

Cyberchase: Step It Up! is designed for children in 2nd through 5th grade.

How long will the challenge last?

Five weeks, which include a baseline week and four “step up” weeks.

In Week 1 – the baseline week – kids wear pedometers to see how many steps they take in a typical week. In Weeks 2 to 5, they are challenged to increase their average daily step totals compared to the base line Week 1. The goals start small and increase gradually:

- Week 2: Adding about 100 steps per day
- Week 3: Adding about 200 steps per day
- Week 4: Adding about 300 steps per day
- Week 5: Adding about 400 steps per day

What do participating kids do?

1. Put on the pedometer each morning and take it off at the end of the school day or program session.
2. Write down the number of steps at the end of each day in the paper-based Cyberchase Student Step-Tracker (attached in the appendix of this program guide).
3. Have fun being more active!

What do participating educators do?

1. Choose from a list of options to help children add steps during the school day or program session (or use their own ideas).
2. Explain the recording system to children, help them track their steps on a daily basis, and record children’s step totals at the end of each week (digital version is included in support materials)..

What do Cyberchase: Step It Up! Program Coordinators do?

1. Collect pedometer step-count data from participating classrooms/groups each week and distribute the appropriate number of rewards to classrooms.
2. Help keep classrooms excited and engaged throughout the program.

What do participating children, educators, and schools/organizations receive to support Cyberchase: Step It Up! implementation?

Participating classrooms or groups will receive tools and resources to track children’s step totals and get them moving more, including:

- Cyberchase Student Step-Tracker (included in appendix)
- An electronic Cyberchase Group Step-Tracker tool (Microsoft Excel) with which teachers can record children’s steps each week
- Optional standards-based math lessons using pedometer data to extend the experience
- Certificate of completion
- Stepper of the Week certificate

TOP 10 REASONS to Join



STEP IT UP!

1. Active kids are healthy kids. As the Cyberchase episodes on health highlight, by encouraging your students to take more steps, you're helping to ensure they have healthy minds and bodies.
2. The program helps make math come to life. Just as Cyberchase characters use math to solve problems large and small, the numbers that your children gather from pedometers can be used in all kinds of math lessons that'll have real-world relevance. Try our standards-based math lesson plans on pbslearningmedia.com or make up your own math activities.
3. The program is flexible and easy to implement. Your children can meet the target step increases with just a few extra active minutes each day. You know the participants best, so you decide when and how to add a little more active time.
4. Adding some activity may help kids stay focused. Studies have linked even short bouts of school-based physical activity with improvements in on-task behavior in the classroom.
5. Kids of all abilities can be successful. Kids are active to different degrees. This program is unique in that children's goals are to increase steps compared with their own baseline week. Setting achievable, personalized goals helps to ensure that all children—even some that may not typically consider themselves active or athletic—can experience success.
6. Physical activity may boost brainpower. Studies in kids have linked higher levels of physical activity with improved cognitive performance and better academic outcomes, like grades and standardized test scores.
7. Healthy habits can stick. Encouraging kids to find ways to build more activity into their everyday routines may help create habits that last a lifetime.
8. Moving provides a natural mood-boost. Studies have connected kids' physical activity with higher self-esteem and reductions in depression and anxiety. Adding more movement into the day may help keep your children smiling.
9. Goal-setting is an important life skill. At its core, this program is about understanding where you start, challenging yourself to do more, and then increasing your goals over time. That's a recipe for success in many different domains.
10. It's fun! Children will participate in a program designed around a TV series and characters they know and love. They'll like having new opportunities to get up and move—and they'll love chasing their step-count goals and celebrating their achievements like an official member of the CyberSquad!



Getting Started: Using Pedometers

Throughout the five weeks of **Cyberchase: Step It Up!**, participating children should wear their pedometers each school day or for the entire after-school session length. The challenge works best when kids have a consistent routine for when and where to put on and take off the devices each day; educators should decide on a routine that works best for their setting.

Here are some general guidelines for what should happen at different points in the day:

1. At the start of the day, reset the pedometer and attach it at the waist

Pedometers should be generally reset to 0 at the start of each day (or at the start of each week, if you're using a weekly reporting method—see the “Keeping Track of Steps” section of this guide).

Children should place pedometers on their belt or waistband, roughly in line with the knee. Pedometers are most accurate when they're placed upright, so that the bottom of the device sits parallel to the ground.



2. Wear the pedometer throughout the day.

Children should wear the pedometer throughout the school day or length of the after-school program session, without taking it off. Here are two important rules for kids:

- **Keep the cover closed.** If the pedometer has a cover, children should be instructed not to open the cover of the pedometer unless asked to do so. Opening the pedometer can cause it to accidentally reset or stop recording.
- **No shaking!** Taking off the pedometer and shaking it to get extra “steps” is like cheating. Teachers may want to establish a clear “You shake it, I take it” rule at the start of the program.

3. At the end of the day, record step totals and store the pedometer.

At the same time each day, children should remove their pedometers and record their step totals for the day. Kids can record their daily totals using the Cyberchase Student Step-Tracker we've provided or any other system educators prefer. Children can either keep the same pedometers throughout the program or turn them in at the end of each day—whatever works best! We just recommend that the process be consistent.

Tip: If possible, we recommend taking a “practice day” or two in the week prior to starting the challenge. During the practice days, kids wear the pedometers but don't record their steps. This can help kids practice proper pedometer wear, get used to the routine, work out any early excitement, and help ensure instructions are clear before you officially start **Cyberchase: Step It Up!**.

Keeping Track of Steps

Educators are responsible for helping track their children's weekly step count totals and can use whatever system is most effective, and least burdensome, for them.

One possible method:

- A.** After documenting their total each day on the **Cyberchase Student Step-Tracker**, children use their math skills each Friday to sum up their total steps for the week. Then the educator can collect the weekly totals and record them. This paper-based tracker can be found in the appendix of this program guide.
- B.** We've also created an electronic **Cyberchase Group Step-Tracker** tool in Microsoft Excel that educators can use to enter results. Using each child's weekly step total, the tool automatically calculates a daily average for the week. For Weeks 2 to 5, the tool also calculates how many more steps each student took per day, on average, compared to Week 1.
- C.** Educators or entire schools can also be creative and develop their own systems for tracking student step counts if they prefer.

Tip: What if students can't add big numbers yet?

Some kids may not be ready to add up their weekly totals on their own. In those cases, here are some alternatives:

- Designate a helper student from an older grade who can either add up the totals manually or use a calculator to add up weekly totals.
- Label the pedometers for each student and have them use the same device each day throughout the week. Do NOT have them reset their pedometers during the week, so that their devices keep a running weekly total. Then, at the end of the week, have each child report the weekly total. Reset the counter to 0 the following Monday.



Recognizing Child Accomplishment

Cyberchase: Step It Up! has built-in rewards for children who meet their goals of increasing their daily step counts. The step-increase goals are individualized for each child based on their own totals from Week 1, helping to ensure all students can be successful.

To the extent they are able, participating educators and schools can also choose other ways to recognize students' achievements, like exceptional increases in daily steps:

- Each week, pick a hard-working "Cyberchase Stepper of the Week" and feature a picture of that child on a poster. (See the template we've provided in the appendix of this program guide.)
- Designate one pedometer as a special device and make that designation visible by painting it gold, putting a special sticker on it, or otherwise altering its appearance. Each week, rotate the device to a child who has been especially successful—whether in terms of increasing their step counts, showing a positive attitude about the program, or other criteria you consider important.
- If you have morning public-address announcements or school assemblies, feature children who are excelling in the challenge.
- If you have a school newspaper, newsletter, website, Facebook, or social media page, consider highlighting an inspiring child or class.
- Contact the local public television station or newspaper to highlight your class's or school's accomplishments.



Tips for Boosting Step Counts

Cyberchase: Step It Up! step-increase goals can be achieved in just a few extra active minutes each day. Where those few minutes come from is entirely up to you—but there are endless possibilities!

Here are ideas that can be woven into the classroom or afterschool setting to get kids moving during the day. These activities are designed for kids, but educators can get involved, too. In addition to working a little more activity into their own days, participating educators will serve as active role models for their children.

Quick Activities for Your Setting:

- **Cyberchase Room Shape-Up:** Have students stand up by their desks. Call out different geometric shape, and have the students arrange themselves in the room into that shape. Call out different 5 shapes to add about 100 steps to their day.
- **Move and Multiply:** Are you working on learning math tables? Try having children stand up from their desks and act out equations—for example, “Take 3 steps in place, times 2—how many steps did you do?” or “Hop up and down 10 minus three!”
- **As If:** Read a Cyberchase-themed sentence aloud and have students act out each sentence for 30 seconds. For example: “Spring in place as if you’re running up Mount Olympus in the CyberOlympics!” or “Jump in place as if you’re a Radster doing an ollie on your skateboard!” Try mixing up the directions every 10 to 30 seconds. You’ll teach your children about figurative language even as you’re moving about.
- **Taking the Long Way:** Define the word perimeter with children and have them walk around the room’s perimeter each time they line up to leave. Support this activity with the Cyberchase clip Area Alert (pbskids.org/cyberchase/videos/cyberchase-area-alert/) from the Totally Rad episode where the CyberSquad figures out how changing the shape of the perimeter changes the area inside.
- **Increase as You Walk:** Are you walking kids back from recess or to another classroom/activity? Try taking the long way, or find other ways to increase their activity levels – for example, for every five steps forward, take two steps backward, or every 30 seconds stop for 5 seconds and sprint in place!
- **Making Predictions:** Have students make predictions about how many steps it would take to go from the classroom to various locations throughout the school—the gym, the cafeteria, the front door, etc. Have students walk the distance and compare their prediction to the number given by the pedometer.

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Activities for While You Wait:

- **Cyberchase Regards to Broadway:** Estimating time/distance is an important skill for kids. Have students watch the Cyberchase For Real segment “Regards to Broadway” (pbskids.org/cyberchase/videos/cyberchase-regards-to-broadway/) where Harry has to estimate the time it will take to reach a certain point on line. Then, have the children recreate the line in the classroom – while also stepping in place. They can practice this skill while waiting in line for lunch, at recess, or other times in the day.
- **Bathroom Break Line-Up:** Is the whole class waiting to use the bathrooms after an activity or recess? Utilize this time by having kids walk or jump in place.
- **Washing Your Hands Line Up:** Did your class just finish an art activity and now are waiting on line to wash hands? Utilize this time by having kids walk or jump in place.

Being Active for the Full Class Period:

- **Scientific Nature Walk:** Have kids become scientists as they observe the outdoors on a nature walk during science class. A more detailed lesson can be found here: Nature Walk Notebook. (pbskids.org/cyberchase/activities/nature-walk-notebook/)
- **Cyberchase Map Check:** To practice mapping skills, have students create directional maps to get from Point A in the classroom to Point B. Then have the kids take turns at walking around the classroom as they try the maps. To build on this activity have students watch the segment “Map Check” (pbskids.org/cyberchase/videos/cyberchase-map-check/), in which the CyberSquad applies graphing skills to calculate distance.
- **Go for the Goal:** In the Cyberchase episode “Hackerized!” Inez must climb a rocky cliff in less than 3 minutes to save her friend. In this Go For the Goal! Activity (pbskids.org/cyberchase/activities/go-goal/) kids practice an activity like jumping, running in place, or sprinting and set a goal. They then use graph paper to track their progress over 10 practice sessions.
- **Survey the Community:** In the Cyberchase episode “Parks and Recreation,” the CyberSquad takes a survey of their community to map out different populations. Have students explore their own community and take count of the number of items they find like post office boxes, recycling bins, etc. Chart the data to see where a high concentration of this item is found.

Find more free Cyberchase classroom lessons on PBS LearningMedia!

pbslearningmedia.org/collection/cyb

(continued)

Great for Recess, Afterschool or a Full Class Period:

- **Cyberchase Trash Dash:** Teams compete to score as many points as possible by sorting objects into bins for “reuse,” “recycle,” “compost” or “landfill” and completing obstacles along the way. A more detailed activity plan can be found here: Cyberchase Trash Dash. (pbskids.org/cyberchase/activities/trash-dash-game/)
- **Step into Cyberspace:** Have kids create a Cyberchase circle (pbskids.org/cyberchase/activities/step-cyberspace/), and then have them jump in and out of Cyberspace multiple times.
- **Everybody’s Hacker!:** Playing in an indoor or outdoor space with sidelines/ boundaries and enough room for kids to run, this game of “it” has children get active! When the game starts, ALL players are “Hacker” – Cyberchase’s villain – and may tag any other children. If someone is tagged, s/he should assume a particular position designated by the facilitator. Pick an active position, like marching in place or standing on one foot – not just sitting! Players return to the game if the person who tagged them gets tagged. The game is over when either everyone is “out” (i.e., in the active, post-tagged position) or the designated time is up.

Find more free Cyberchase activities and games on the Cyberchase website!

pbskids.org/cyberchase/activities



Tips for Motivating Children

By giving kids the opportunity to be more active during Cyberchase: Step It Up!, you can help them embrace more active lifestyles even outside school and after the challenge ends. Here are some tips to help ensure kids get the most out of the program.

Provide positive feedback

When you see kids engaging in high levels of activity, or showing improvement, tell them so! Try to be specific—use the child’s name and tell them exactly what they’re doing well (“Wow, Joe, you were really moving fast during the Trash Dash game!”). Such positive reinforcement can go a long way toward improving kids’ self-esteem and perception of themselves as the kinds of kids who are active.

Be a role model

The people around kids, including their teachers, can be important models for healthy behaviors. If you feel comfortable doing so, perform activity breaks with your students or track your own steps during Cyberchase: Step It Up!. Even little changes, like taking the stairs instead of the elevator, may prompt kids to take your lead.

Encourage but don’t coerce

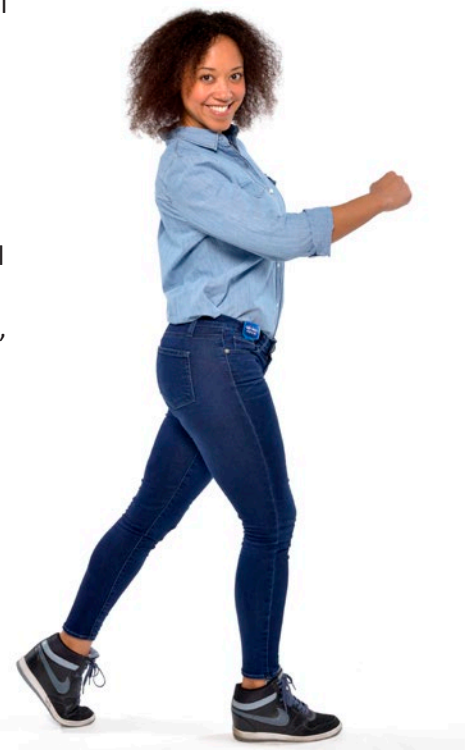
Sometimes kids are hesitant to participate in physical activities, for all kinds of reasons. For example, some kids may be embarrassed or afraid of looking silly. It can be tempting to push kids to participate, but doing so often only makes matters worse. Rather than forcing participation, try figuring out what the child is willing to do—ask, for example, “What do you think you can do?”

Use peer leaders

Helping kids get involved in leading activities generates all kinds of benefits. Students who lead may start to identify themselves as active kids, and their classmates may be encouraged by seeing a peer getting more active.

Provide choices

Research shows that letting kids choose from among multiple physical activity options, rather than dictating all choices to them, may help to increase the likelihood they’ll replicate that activity in the future. When possible, try involving children in choosing which activities to engage in—or even let them come up with ideas on their own for increasing steps! For example, if you’re planning to run a Cyberchase game during recess, try letting kids vote between different options. Student suggestions can be incorporated into a weekly plan of activity options.



Frequently Asked Questions

1. One of my students' pedometers accidentally reset. What do I do?

Don't worry! While we want children's step data to be as accurate as possible, the main goal of the program is to keep kids excited and moving more. Use your best judgment to replace the missing information with your best approximation. There are a few options for filling in the missing day:

- Use the child's step-count number from the prior day
- Use the child's average for the week as a whole
- Use the step-count number for a friend with whom the child spends a lot of time (and whose activity levels may therefore be similar)

2. We had lots of fun during the five-week program. Can we keep it going?

This is music to our ears! Classrooms can keep the pedometers even after the program is completed, so you can keep things going. Try setting new targets for gradually increasing daily step-counts above and beyond the Week 5 goal. You can also continue to use rewards like the Cyberchase: Step It Up! certificate of completion template as children continue to meet new milestones. To help sustain momentum, schools participating in Step It Up! can also convert their children's steps to miles and enter them in the New Balance Foundation Billion Mile Race. Participation is free and easy, schools that share their miles become eligible for awesome grants and prizes. See page 14 for more detail.

3. I have a student whose step counts just don't look right. What should I do?

If you feel that a pedometer readout doesn't accurately reflect a child's step totals, you can change the number so it seems more accurate. Consider the options listed in FAQ #1. If the pedometer isn't detecting steps correctly, that may be because it's not placed properly on the child's belt or waistband. Work with the child to ensure that the pedometer is placed upright, with the bottom of the device parallel to the ground. If the device continues to not work properly, try putting it on yourself. Reset the step counter, take 30 steps, and then check the number. If it doesn't correctly detect your steps within a 3- to 4-step margin of error, it may be broken.

4. Can educators participate?

Yes! Educators are encouraged to participate in Cyberchase: Step It Up! with the group—they can set a great example for kids and increase their own activity levels!

5. Can my kids bring their pedometers home?

While we want kids to be active all day long, we also know that when pedometers leave the building they're more likely to get lost. Therefore, we ask that you only have your children wear pedometers during the scheduled hours of your day.

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6. What should I do if school is canceled or a student misses a day of school?

It's inevitable that kids will miss some school days due to things like illness, snow days, or holidays. See FAQ #1 for ways in which you can fill in the missing information.

7. I have students with physical disabilities. Can they participate?

We want everyone to participate in Cyberchase: Step It Up! to the best of their ability. With that in mind, use your best judgment or talk to your adaptive physical education teacher/case carrier about appropriate adaptations for your students.

8. What if I don't have access to space for physical activity?

There are plenty of activities you can do in small spaces. See a few examples in the "Ideas for Adding Steps" section of this program guide.



ARE YOU IMPLEMENTING CYBERCHASE: STEP IT UP! AT A SCHOOL?

JOIN THE NEW BALANCE FOUNDATION BILLION MILE RACE AND SCORE REWARDS!

Billion Mile Race is challenging America's schools to walk, jog, and run a collective billion miles. Joining the Race is free and easy, and participating schools are eligible for awesome grants and prizes.

HOW IT WORKS

1



REGISTER YOUR SCHOOL

at billionmilerace.org/register. It takes less than two minutes!

2



TALLY MILES.

Convert your kids' total Cyberchase: Step It Up! steps into miles by using an easy conversion (2,470 steps=1 mile) or checking out our calculator tool at billionmilerace.org/calculator. All participating schools have custom profile pages where they can showcase their Cyberchase: Step It Up! miles.

3



SCORE REWARDS.

Schools that contribute to our billion-mile goal are eligible for some cool grants and prizes all designed to enhance walking and running. Over the 2015-2016 school year, over 150 schools were awarded:



GRANTS

Funds to start or grow walk/run programs



FUN RUN KITS

Race bibs, ribbons, speakers, a finish line banner, and more



ELECTRONICS

Fender portable speaker systems and GoPro cameras



SHOE MAKEOVER

An all-school New Balance sneaker makeover-new kicks for every student and staff member!

Appendix

Stepper of the Week Certificate

Step Tracker

Super-Stepper Achievement / Certificate of Completion

Billion Mile Race Info Sheet

Cyberchase: New Episodes

Acknowledgements

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The Stepper of the Week

is

for increasing weekly activity by _____ steps!

GREAT JOB!



Certificate of Super-Stepper Achievement

This certificate is hereby awarded to

for adding _____ steps
during  **STEP IT UP!**

TEACHER



PRINCIPAL



CYBERCHASE: STEP IT UP! STUDENT STEP TRACKER



NAME _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
WEEKLY TOTAL					
OVERALL TOTAL					



Cyberchase

Join the CyberSquad on new adventures for healthy kids and a healthy planet!

1001 "Fit To Be Heroes"

The CyberSquad and their new friend Scanner embark on a quest to build a new Encryptor Chip for Motherboard and cure her virus. With Hacker in hot pursuit, the kids must run, ski, canoe and climb their way to the end of the mission. In the process, they learn that a little activity over time adds up. But will they also cure Motherboard?

Topics: Being Active Math: Data Representation/Tables

1002 "A Recipe for Chaos"

A popular new restaurant in Castleblanca serves delicious meals, but all the residents have become cranky and tired. The CyberSquad quickly learns the restaurant's food is unhealthy... and Hacker is behind it all. To get Hacker to stop making his unhealthy food, Digit challenges him to a cook-off. But if Hacker wins, the kids must leave Cyberspace forever! Who will win the hearts – and stomachs! – of Castleblanca?

Topics: Healthy Meals Math: Data Representation/Pie Charts

1003 "A Seedy Business"

The citizens of Factoria have been put back to work at a toy factory where they get free meals. The problem? The benefactor is none other than Hacker, and the meals all come from vending machines. The CyberSquad and their new friend – a little Factorian girl named Zoreen – suspect Hacker is up to no good, and they discover he's

not making toys, but spy planes! To get the Factorians out of Hacker's clutches, the CyberSquad must show them how to grow their own food. Will they put Hacker out of business for good?

Topics: Seed to Table Math: Area

1004 "Parks and Recreation"

Kids in glamorous Gollywood have no safe place to play. When they discover an empty lot that can be converted to a park, they have only one opponent: Hacker. He wants the lot for his new Gollywood Tower, which he claims will broadcast entertainment to all of Cyberspace. (The tower is really meant to corrupt Motherboard's hard drive.) The CyberSquad goes up against Hacker at a city council hearing. Will they get their park, or will Hacker dazzle the council into approving his tower?

Topics: Built Environments

Math: Data Collection and Representation: Surveys, Tally Marks

1005 "Bottled Up"

Radopolis has a big problem: water bottles. Radsters are an active bunch, but their desire to stay hydrated has led to a huge bottle pile-up. Way Cool Arena has been turned into a bottle dump, and the beloved skate park is next! The kids and Slider must find a way to get rid of the heaps of empties and reduce future waste while making sure Radsters stay healthy. Can they prevent their rad cybersite from becoming bottled up?

Topics: Water Math: Sampling and Multiplication



WATCH ALL EPISODES FREE ANYTIME!

On your local PBS station • On the Cyberchase website • On the PBS KIDS Video app for Apple and Android devices

pbskids.org/cyberchase