

Title Step Mania

Curriculum Physical Education

Grade Level Span 4-5

Purpose: To introduce the use of the pedometers to promote daily activity

Description:

**Students will learn how to properly use and care for the pedometers.**

**Students will chart steps.**

**Students will participate in class activities that show evidence of daily activity.**

Activities

**PREPARATION:**

- **Teacher will research and purchase pedometers.**
- **Teacher will use and familiarize themselves with a pedometer.**
- **Teacher will prepare the spreadsheet to document pedometer data.**
- **Teacher will plan and organize the distribution and collection protocol.**

	Curriculum Standards	NETS for Students
<b>PROCEDURE:</b>	Physical Education and Fitness Grade 4-5	Intermediate NETS
<b>Equipment orientation for students:</b> <ul style="list-style-type: none"><li>• <b>Rules</b></li><li>• <b>practice distribution process</b></li><li>• <b>putting on</b></li><li>• <b>collection process</b></li></ul> <b>Discuss common uses of technology in daily life and the advantages and disadvantages those uses provide.</b> <b>Discuss basic issues related to responsible use of technology and information and describe personal consequences of inappropriate use.</b> <b>For example: Teacher will present rules for the pedometer and</b>	#1	#2, 3

<p>demonstrate its use. Teacher will assign pedometer to each student (roll call order, color order, etc.). Students will practice distribution process, wearing &amp; returning their pedometer to the proper place (storage case, etc.).</p>		
<p>Students will explore the use of pedometers in Physical Education class. Use keyboards and other common input and output devices efficiently and effectively. For example: Pedometers will be worn during warm-ups and/or various individual and group activities.</p>	#1, 2, 3, 4	#1, 2
<p>Students will collect data. Use keyboards and other common input and output devices efficiently and effectively. Use technology resources for problem solving, self-directed learning, and extended learning activities. For example: Teacher and/or students will record pedometer data via hard copy, computer or handheld device.</p>	#2, 4	#1, 8
<p>Students/class will apply data to measure daily physical activity. For example: Students/ class will set goals, chart progress and compare the collected data (distance or steps traveled, activity comparisons, etc.).</p>	#2, 3, 5	
<p>Students will communicate, in written form, their experience of using the pedometers (letter, chart/ poster, etc.). Determine which technology is useful and select the appropriate tool(s) and technology resources to address a variety of tasks and problems.</p>	#2, 3,	#9

Tools and Resources

**HARDWARE:**

- pedometers
- computer (desktop, laptop or handheld) or clipboard

**WEB SITES:**

- Creative Walking, Inc. [www.creativewalking.com](http://www.creativewalking.com)
- Walk4Life, Inc. [www.walk4life.com](http://www.walk4life.com)
- Fitness Finders [www.fitnessfinders.net](http://www.fitnessfinders.net)
- Digiwalker [www.digiwalker.com](http://www.digiwalker.com)

**SOFTWARE:**

- spreadsheet software of choice
- appropriate software for synchronization to/from handheld device
- word processing software of choice

**OTHER:**

- literature and accessories from pedometer manufactures

Assessment

**The teacher will assess the use and care of the pedometers through observation.**

**Students will show evidence of daily activity through data (steps) collection.**

**Students will communicate, in written form, their pedometer experience.**

**Class Spreadsheet Sample:**

Name	# steps	Miles	# steps	Miles	Total Steps	Total Miles
Cindy	2000	1	2500	1.25	4500	2.25
Joe	3000	1.5	1500	0.75	4500	2.25
Tom	800	0.4	900	0.45	1700	0.85
Class total	5800	2.9	4900	2.45	10700	5.35

## Individual Data Collection Sheet Sample:

Name \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_

Group \_\_\_\_\_

Day	Steps	Miles	Activity in P.E. Class

600-1199=1/4 mile    1200-1799=1/2 mile    1800-2099=3/4 mile    2100-2400=1 mile

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Personal Account

**Students enjoyed using the pedometers.**

**Pedometer number and storage box number should correspond. Each student was assigned a pedometer.**

**Pedometer Rule: Shake it, I take it or reset the pedometer to zero.**

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