

# Pedometer Activity

Print off the diary template on page 2 (of this document) for students and follow the instructions below for a fun class - or class vs class - pedometer challenge:

1. Students wear a pedometer at recess and lunchtime every day for a week.
2. At the beginning of the break ask students to reset their pedometer to zero.
3. Ask students to estimate the number of steps they think they will take and record this estimate onto their forms.
4. At the end of recess and then again at the end of lunch ask students to record the actual steps displayed on the pedometer and the activities they did during the breaks.
5. At the end of the week ask students to fill out the reflection form (page 3).

##  Class vs class extension activity

For a class vs class challenge add up the total number of steps and compare with another class. Alternatively, you could have a whole of school challenge where all classes use the pedometers for a week each. The winning class could be awarded in an assembly.



# Pedometer Diary

Name:

## How many steps do I take during recess?

| RECESS | ACTIVITIES | ESTIMATED STEPS | ACTUAL STEPS |
| --- | --- | --- | --- |
| Monday |       |       |       |
| Tuesday |       |       |       |
| Wednesday |       |       |       |
| Thursday |       |       |       |
| Friday |       |       |       |

## How many steps do I take during lunch?

| LUNCH | ACTIVITIES | ESTIMATED STEPS | ACTUAL STEPS |
| --- | --- | --- | --- |
| Monday |       |       |       |
| Tuesday |       |       |       |
| Wednesday |       |       |       |
| Thursday |       |       |       |
| Friday |       |       |       |



## Reflection

1. Write a statement about your physical activity during recess.

1. Write a statement about your physical activity during lunch.

1. Write a statement that compares your physical activity at recess and lunch.

1. Which activities used the most steps?

1. Which activities at recess accumulated the most steps?

1. Which activities at lunch accumulated the most steps?

1. What things influence how active you are at recess and lunch?

For more active travel information visit the Move Well Eat Well [Stride and Ride page.](http://movewelleatwell.tas.gov.au/primary_schools/stride_and_ride) [[1]](#footnote-1)Remember to have your school login details ready.

This is a Healthy Tasmania initiative 2021

1. http://movewelleatwell.tas.gov.au/primary\_schools/stride\_and\_ride [↑](#footnote-ref-1)