

HEADS IN, HEARTS IN

Pedometer Challenge

Instructions for Set-Up

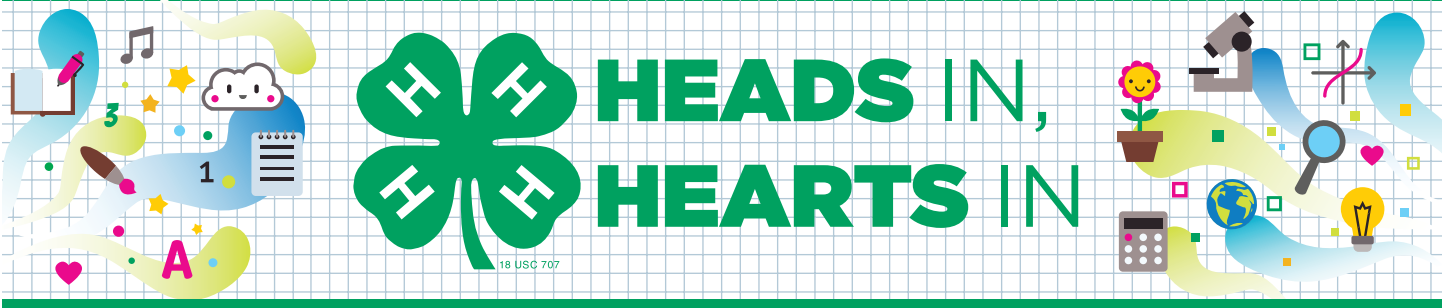
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 5 to 20 pedometers (1 per participant)
- 5 stopwatches
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Have your pedometers set to zero and ready to be used.
- ▶ Become familiar with the stopwatch and its functions.
- ▶ Set up the display table with necessary supplies.





Pedometer Challenge

Guide for Families

Learning Objectives

What you need to know:

Each day, we need to take about 10,000 steps to stay active and healthy. A pedometer is a tool used to count steps when we are active and moving. You can wear a pedometer on your waistband, shirt or shoes. You can use a pedometer to set personal goals for accomplishing a certain number of steps in a day, or use it to keep track during a challenge or competition with others to see who can get the most steps in a certain period. It's easy to have fun and be creative with pedometers.

What you will do and learn:

You will see how fast steps can add up on your pedometer. You will use pedometers to be creative and challenge yourself or each other to get as many steps as possible. See what types of activities you can do to get the most steps.

Instructions

1. Take a pedometer. (Make sure it is at zero.)
2. Put it on your waistband, shirt or shoes.
3. Take a stopwatch and set it for 2 to 5 minutes.
4. Do a variety of physical activities to see how many steps you can get on the pedometer. Physical activities may include walking, jogging in place, dancing or other activities.
5. When the time is complete, look to see how many steps you took.
6. Try the same activity again and see if you can increase the number of steps.
7. Choose a partner – either an adult or friend – and challenge them to get as many steps as you do in the set amount of time.
8. Return the pedometer and stop watch to the table.