

Got Steps? Classroom Pedometer Challenge

Goals:

- This is an activity challenge for one classroom. It is a competition to see which team can log the most steps using a pedometer in one month.
- The purpose is to develop habits of physical activity over the course of the month, with the hope that the habits will continue.

Directions:

1. Set up your timeframe for the “Got Steps” challenge. Make sure there are enough pedometers for all the students in the class.
2. Divide students into approximately four teams with an equal number of students in each team.
3. Teams can pick a mascot or cartoon character (see attachment) to represent their team.
4. Explain to students that the purpose of the challenge is to take as many steps as possible and the pedometer will track the steps taken.
5. Students use pedometers to track the number of steps taken during P.E. and recess. Remind students to write down the number of steps taken after P.E. and recess.
6. Students record their daily steps on the chart.
7. At the end of each day the teacher will add up the daily steps for each team and track total steps on the wall poster.
8. At the end of each week, add up the total number of steps to determine the weekly winner.
9. At the end of the month, add up the total steps to determine the monthly winner.

Materials:

- Pedometers
- Class recording sheets
- Poster board
- Weekly award
- Monthly award
- Designated area on a wall to hang the poster

Got Steps? Classroom Pedometer Challenge

Sample Weekly Record Sheet

Team #1: _____

| Student | Mon | Tue | Wed | Thu | Fri | Weekly Total |
|--------------|-----|-----|-----|-----|-----|--------------|
| 1. | | | | | | |
| 2. | | | | | | |
| 3. | | | | | | |
| 4. | | | | | | |
| 5. | | | | | | |
| 6. | | | | | | |
| TOTAL | | | | | | |

Team #2: _____

| Student | Mon | Tue | Wed | Thu | Fri | Weekly Total |
|--------------|-----|-----|-----|-----|-----|--------------|
| 1. | | | | | | |
| 2. | | | | | | |
| 3. | | | | | | |
| 4. | | | | | | |
| 5. | | | | | | |
| 6. | | | | | | |
| TOTAL | | | | | | |

Got Steps? Challenge Scorecard

| | Team 1 | Team 2 | Team 3 | Team 4 |
|--------------------|--------|--------|--------|--------|
| Week 1 | | | | |
| Week 2 | | | | |
| Week 3 | | | | |
| Week 4 | | | | |
| TOTAL STEPS | | | | |

WINNER: _____