

European Pedometer Classroom Challenge

Grades:

6-12 Grades

Goal:

To travel to the most European countries within a designated timeframe.

Directions:

Over the next six weeks, students will be keeping track of their steps by using pedometers during physical education. There will be a few bonus days when they will get to wear their pedometers throughout the entire day.

1. Each class will be assigned a specific color and marker (thumb tack or other type of tracking object). The thumbtack or tracking object will be used to track the progress on a map. All squads will start at the same location.
2. During physical education, each student will wear their pedometer and record the number of steps taken.
3. At the end of each week, squad leaders will help tally the amount of steps their class took. Thumbtacks/tracking object should be moved to indicate the progress of each class.
4. Bonus steps will be awarded to classes that answer the trivia questions correctly.
5. There will be days when all students will have the opportunity to wear their pedometers home to accumulate more miles. All classes will have the same amount of opportunities to wear their pedometers home to keep the game fair.
6. The team that travels to the most countries at the end of six weeks will win.
7. Each group is responsible to keep up with their tracking object, steps, facts and pedometers.

Materials:

- Thumbtack/tracking object to represent each class as they move to the different countries in Europe
- Trivia questions for each capital city
- Scrap paper and/or white board to calculate class steps
- Pedometers
- Individual European maps
- One or two large European maps to post results (one may be placed in a central part of the school and the other map in the gym)

Extension Ideas:

- Display the country flag as students reach each destination.
- Have the students color the country flag when they arrive at each destination (good way to include history class).
- Include bonus questions about the country for students to answer as they reach their destination. Some bonus questions have been provided.
- Have students bring in facts about each country they reach. Bonus steps can be rewarded for each unique fact that is shared. (You may include a fact sheet for students to complete if you want facts to be more specific. This may include: nickname, government type, major rivers, major wars, significant rulers, significant landmarks, etc. depending on the grade level).

Development of a Pedometer Challenge

The Route

1. London, United Kingdom

Hard

Question: The United Kingdom consists of what _____?

Answer: Great Britain (England, Wales, & Scotland) & Northern Ireland

Medium

Question: One of the major rivers of the United Kingdom is the Thames (true or false)?

Answer: True, Thames (or the Humber, Tees or Tyne)

Easy

Question: The United Kingdom is the size of New York State (true or false)?

Answer: True

Easy

Question: The government is a constitutional monarchy and parliamentary Democracy with a queen and a parliament that has 2 houses (true or false)?

Answer: True

2. Dublin, Ireland 289 miles

Hard

Question: Due to all the rain in the West the grass turns a brilliant green. The color is the result of them naming this region the _____?

Answer: The Emerald Isle (could make this question a multiple choice)

Medium

Question: What sport did this country invent?

a. ice hockey b. lacrosse c. golf d. basketball

Answer: c. golf

Easy

Question: Which annual feast day honors an Irish patron saint?

a. Holy Feast Day b. Patronage Day c. St. Patrick's Day d. Thanksgiving

Answer: c. St. Patrick's Day

Development of a Pedometer Challenge

3. **Paris, France**..... 486 miles

Hard

Question: What type of government does France have?

Answer: Unitary semi-presidential republic

Medium

Question: France is _____ the size of Texas?

a. 50 % b. 70% c. 80% d. 90%

Answer: c. 80%

Easy

Question: Which famous site is located here?

a. The Washington Monument b. The Eiffel Tower c. The Leaning Tower d. None of the above

Answer: b. The Eiffel Tower

4. **Madrid, Spain**..... 652 miles

Hard

Question: Spain occupies a majority of what peninsula?

Answer: Iberian Peninsula

Medium

Question: Which two countries does Spain border?

Answer: Portugal and France

Easy

Question: What is the capital (also the largest city) of Spain?

Answer: Madrid

5. **Lisbon, Portugal** 311 miles

6. **Rome, Italy** 1,164 miles

7. **Bern, Switzerland**..... 435 miles

8. **Luxembourg, Luxembourg** 194 miles

9. **Amsterdam, Netherlands**..... 197 miles

10. **Berlin, Germany** 358 miles

11. **Copenhagen, Denmark**..... 224 miles

12. **Oslo, Norway**..... 300 miles

13. **Stockholm, Sweden**..... 259 miles

Development of a Pedometer Challenge

14. Helsinki, Finland	246 miles
15. Tallinn, Estonia.....	55 miles
16. Riga, Latvia.....	174 miles
17. Vilnius, Lithuania.....	161 miles
18. Minsk, Belarus.....	105 miles
19. Warsaw, Poland.....	292 miles
20. Kiev, Ukraine.....	428 miles
21. Chisinau, Moldova.....	251 miles
22. Bucharest, Romania.....	222 miles
23. Sofia, Bulgaria.....	183 miles
24. Ankara, Turkey	530 miles
25. Yerevan, Armenia	615 miles
26. Baku, Azerbaijan.....	284 miles
27. Tbilisi, Georgia.....	281 miles
*Discuss that part of Russia is also part of Europe – not going to stop	
28. Athens, Greece	0 miles
Take boat across Black Sea, Sea of Marmara, Aegean Sea (no steps to count, although Athens is 1,146 miles away.)	
29. Tirane, Albania	309 miles
30. Skopje, Macedonia.....	96 miles
31. Sarajevo, Bosnia.....	199 miles
32. Zagreb, Croatia	181 miles
33. Serbia & Montenegro	290 miles
(General area)	
34. Budapest, Hungary.....	344 miles
35. Vienna, Austria	145 miles
36. Ljubljana, Slovenia.....	173 miles

TOTAL MILES: 10,433 miles

Congratulations! You have completed your tour of Europe!

Development of a Pedometer Challenge

Europe by Regions:

You may want to break your travels down by region if you have a shorter amount of time to travel. You will notice that I always start out in The United Kingdom (London).

Scandinavia Region

Start in London, The United Kingdom

1. Copenhagen, Denmark.....	596 miles
2. Oslo, Norway.....	300 miles
3. Stockholm, Sweden.....	259 miles
4. Helsinki, Finland	246 miles
Travel by boat to Iceland (to motor the boat you get double your total miles)	
5. Reykjavik, Iceland.....	3,010 miles
Total Miles:	4,411 miles

West Europe

Start in London, The United Kingdom

1. Amsterdam, The Netherlands.....	221 miles
2. Brussels, Belgium	106 miles
3. Luxembourg, Luxembourg	116 miles
4. Paris, France.....	180 miles
5. Monaco, Monaco.....	433 miles
Total Miles:	1,056 miles

South Europe

Start in Lisbon, Portugal

1. Madrid, Spain	311 miles
2. Andorra La Vella, Andorra	306 miles
3. Rome, Italy (The Vatican City).....	571 miles
4. Valletta, Malta.....	425 miles
Total Miles:	1613 miles

Development of a Pedometer Challenge

Central Europe

Start in London, The United Kingdom

1.	Berlin, Germany	577 miles
2.	Bern, Switzerland	466 miles
3..	Vaduz, Liechtenstein	99 miles
4.	Wien, Austria.....	328 miles
5.	Warsaw, Poland.....	346 miles
6.	Prague, The Czech Republic.....	323 miles
7.	Bratislava, Slovakia.....	181 miles
8.	Budapest, Hungary	111 miles
Total Miles:		2,431 miles

South East Europe

Start in Ljubljana, Slovenia

1.	Zagreb, Croatia	72 miles
2.	Sarajevo, Bosnia and Herzegovina	181 miles
3.	Serbia & Montenegro	120 miles
4.	Tirana, Albania	243 miles
5.	Skopje, Macedonia.....	96 miles
6.	Bucharest, Romania	290 miles
7.	Sofia, Bulgaria	183 miles
8.	Athens, Greece	324 miles
9.	Ankara, Turkey..... (European part of Turkey)	512 miles
Total Miles:		2,021 miles

East Europe

Start out in Tallinn, Estonia

- 1. Riga, Latvia 174 miles
- 2. Vilnius, Lithuania 161 miles
- 3. Minsk, Belarus 105 miles
- 4. Kyiv, Ukraine 266 miles
- 5. Chisinau, Moldova..... 251 miles
- 6. European Russia..... 697 miles

Total Miles: 1,654 miles