

Got Steps? School-Wide Pedometer Challenge

Goals:

- To promote physical activity throughout the school.
- For the participants to realize the benefits of regular physical activity and thus establish good habits for an active lifestyle.

Objective:

Each class tries to accumulate as many steps as they can during the challenge. After each month, one class will win the “Got Steps” award (each student in that class will receive a certificate, and the class will have their picture taken and hung on the “Got Steps” board). A “traveling trophy” may be given to the monthly winner until the next month’s winner is declared.

Directions:

1. It is important the students understand the purpose of the Pedometer Challenge. Explain to the students that a pedometer tracks all the steps that they take. The goal of this challenge is to take more steps than their competition. Make sure the students correlate steps taken, physical activity and overall health.
2. One or two teachers will be responsible for calculating the number of steps each grade took and create a weekly graph to display the grade totals.
3. Set up the timeframe for the “Got Steps” challenge. The students are to wear their pedometers during Physical Education and recess.
4. At the end of each day, the student will record the daily number of steps on the chart (see sample *Step Record Sheet*).
5. After each week, the teacher adds up the steps each student takes to come up with the student total. Then the teacher calculates the total steps the class has taken. The total steps the class took should be sent to the teacher in charge of creating the weekly grade totals.
6. Total steps by each class are displayed in the gym.
7. Set up a bar graph to display each class’s total number of steps.
8. Each month, total steps are calculated by each class and the winner is determined.

Materials:

- Pedometers
- Class recording sheets
- Poster board
- Traveling award
- Digital camera to take picture
- Designated area in the school to post the monthly winner

Extension Ideas:

- To make this more of a school cooperative event, you could set a semester or yearly goal to see if the entire school can accumulate a set number of steps (i.e. 1, 10, 100 million steps, etc).
- Set up “bonus days” where students wear their pedometers outside of P.E. (i.e. during recess or all day).
- **Ensure all students have equal opportunities to accumulate steps outside of P.E. class.**

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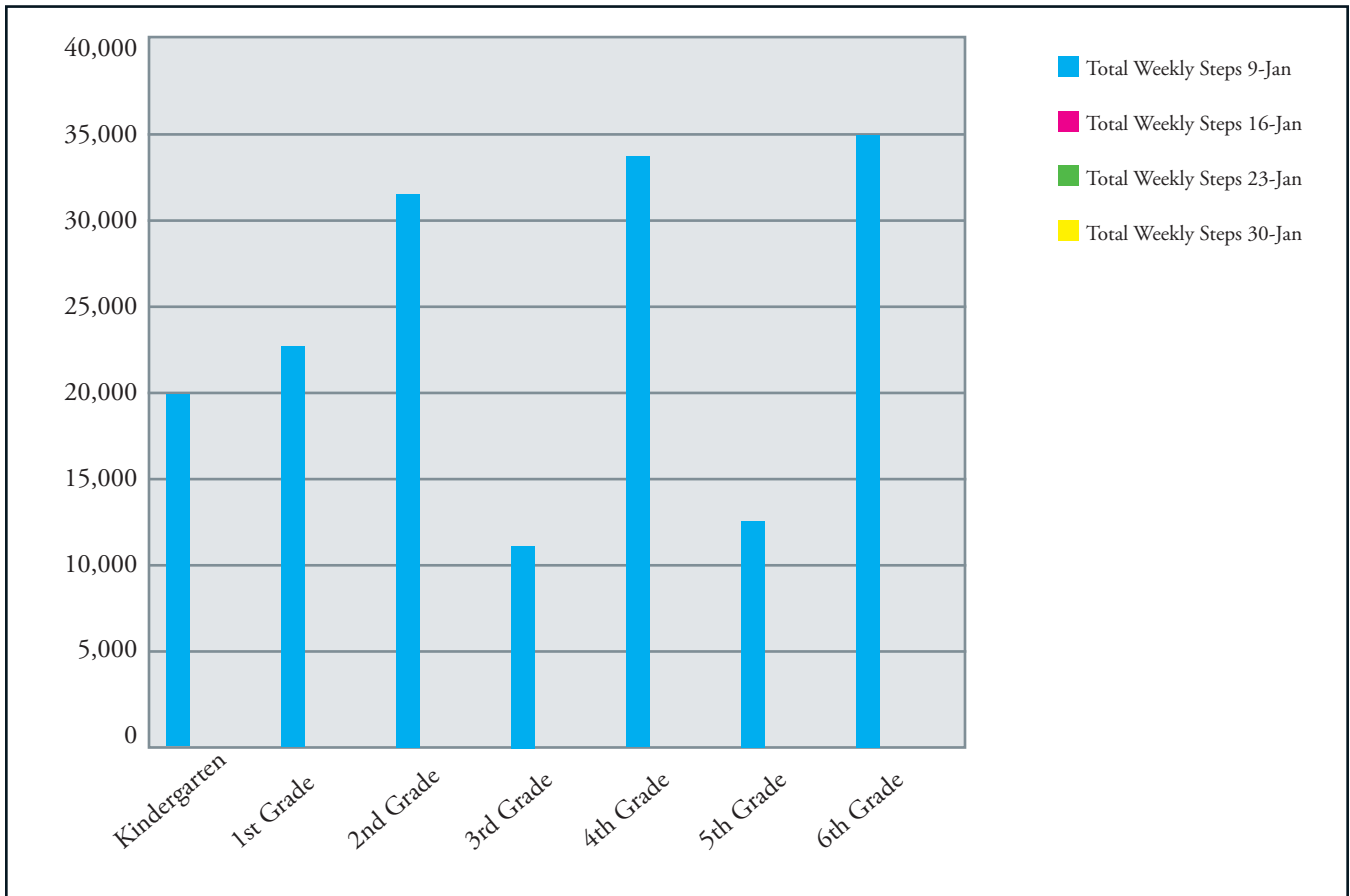
Sample Step Record Sheet

First Grade: Teacher's Name

Student	Mon	Tue	Wed	Thu	Fri	Weekly Total
1.						
2.						
3.						
4.						
5.						
6.						
7.						
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Sample Bar Graph



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