



Moving Through The Alphabet!
2015 Elementary TOYS – SHAPE America – Seattle
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P is for Pedometers

Pedometer Log Cards

Grade Level: 4-5

Equipment & Set-up:

- ❖ One log card per student
- ❖ Log cards are organized by color group and distributed by “Materials Managers” at the end of PE class.

Object:

Increase student accountability by requiring students to record step counts at the end of PE class. The class goal is 1,000 steps per class.

Description:

Students record step counts at the end of PE class using log cards created in MS Word and printed by our district print shop on card stock. Cards are printed double-sided to maximize use and are organized by color group to minimize the amount of time used to complete this task. During the school year discussions are held using step count and activity comparisons. Log cards are sent home with students at the end of the school year.

Spin the Ring

Grade Level: 3-5

Equipment & Set-up:

- ❖ 1 deck ring per two students
- ❖ Student pairs are scattered throughout the playing area for safe play

Object:

Record as many steps as possible during each spin of the deck ring.

Description:

Students take turns spinning the deck ring. During each spin students exercise to get as many steps as possible. At the end of the activity a discussion is held regarding which activities were chosen and why.

“Wipe-out”

Grade Level: 3-5

Equipment & Set-up:

- ❖ Students are paired – runner/recorder

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- ❖ Designated jogging “track” / dry erase boards/markers or Gel boards/stylus
- ❖ Designated recording area
- ❖ Song “Wipe-out” by the “Surfaris”

Object:

- ❖ Record as many steps as possible
- ❖ Experience the intensity of exercise

Description:

Students are paired for this activity. One student runs while the other is the recorder. During the song, the runners run during the music section and use “fast feet” during the drum solo. At the end of the song, partners record the number of steps the runner has logged. This activity can be done by resetting pedometers each time or by recording a running total.

Variation:

This activity can be done as a partner activity. Each student completes one lap at a time taking turns with his/her partner.

Fit Spot Jog Activity

Grade Level: 3-4-5

Resource: My Station PE – Station-to-Station Music

Equipment & Set-up:

- ❖ Designated jogging area
- ❖ Designated recording area
- ❖ One pedometer per student
- ❖ One Gel Board/stylus or dry erase board/marker for every two students
- ❖ Station to Station music from [www.mystationpe](http://www.mystationpe.com)
- ❖ Six Fit Spot activities

Object:

Students will be jogging and participating in different exercises during this activity. This activity is designed to show students how different activities contribute to step counts during a short interval of time.

Description:

Students take turns exercising and being recorders. Students who are exercising first participate by jogging during the music segments and completing the Fit Spot activities during the silent segments. At the end of a designated activity period, students determine the number of steps they accumulated and their recorder records the number using the gel board. Students then switch roles and repeat the activity.

Variation:

- ❖ Use this as a heart rate monitor activity instead. Students record heart rates instead of step counts.

3rd Grade Pedometer Project

Grade Level: 3

Equipment & Set-up:

- ❖ Pedometers for each member of the class and the classroom teacher if he/she is interested
- ❖ Pedometer Project Data Sheet
- ❖ Classroom teacher cooperation

Object:

Increase student awareness as to his/her activity level during the school day and the need for more activity beyond the school day.

Description:

Students make a prediction as to how many steps he/she will move during the school day. Students then wear the pedometers during the school day for two consecutive days. Students record steps during different times of the day and also record activities. The Pedometer Project Data Sheet is completed together as a class, which includes a brainstorming session to come up with reasons that exercise is good for you.

PE Packs to GO!

Grade Level: 4-5

Equipment

- ❖ Each PE Pack contains one pedometer, a folder with instructions and log cards and a jump rope.

Object:

Students take the PE Pack home and use the pedometer during after school or weekend activities. Challenges are given such as “Which pack can make it to 10,000 steps first?”

Description:

This activity was funded through a grant from the Southeastern Zone of NYSAHPERD. After participating in a comprehensive pedometer program during PE class, I wanted to expand the use of pedometers to time beyond the school day. This grant funded the creation of 11 PE Packs. Students will take turns taking home the PE Packs and participating in challenges associated with the PE Packs.

Fall/Spring
PFWST: -----



North Park Physical Education

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Pedometer Step Count Record

Name:		Teacher:		Color Group:	
				Pedometer #:	
Date:	Steps:	Date:	Steps:		

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Name: _____

Question: *How many steps will I walk during the school day?*

✚ What is my prediction? _____ Steps

When?	Day 1 Date: _____ How many steps?	Day 2 Date: _____ How many steps?
Before Recess		
After Lunch		
End of the day		

Day 1 Total Steps	Day 2 Total Steps

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List your activities:

Day 1	Day 2

Final Questions: Circle your answer for questions #1-3.

1. Was your prediction higher or lower than your actual step count?
HIGHER LOWER
2. Did you move more or less than you thought you would?
MORE LESS
3. Which day did you walk more steps?
Day 1 Day 2
4. Why is exercise good for you?
