

Pedometers Ideas for High School Students

Years 7 - 10

Outline the activity that you used the pedometers?

- ★ PDHPE - Cross country - issued to the top 5 participants in each class from the previous lesson. Challenged to see who can produce the most steps in a lesson.
- ★ PDHPE - Injured students who can walk - issued with a pedometer and told to produce a minimum of 2000 steps by the end of the lessons (laps of the oval/gym, etc. Consequence if not achieved.
- ★ PASS - Outdoor Education I - Day hike to local National Park. Each group issued one pedometer to calculate distances from one navigational marker to the next.
- ★ PASS - 10000 Steps Assessment Task - students are to produce a multimedia assignment based on an activity diary they have kept for one week using the pedometers. (See attached).

Were there any sheets/handouts provided?

Yes - 10 000 Steps assignment (See attached).

Did it work well? If not suggest possible changes.

Yes, all programs working well. You need to factor in that a proportion of students will lose their pedometer and may not pay the replacement fee.

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