

Pedometer – Student Worksheet

Student Name: _____

STEP 1 Resetting the Pedometer –

Gently press the “R” button, this will reset the pedometer to zero ‘0’.

STEP 2 Securing the Pedometer to your Waist –

Attach the pedometer to the waist-band of your shorts for boys, or securely place an oztag belt around your waist first, then attach the pedometer to this belt. The pedometer needs to be in the middle of your waist, close to your belly button, for an accurate reading.

STEP 3 The Exercise Session –

Power walk for the lesson, within the PDHPE grounds/limits set out by your teacher, if you are unsure please ask them where you are allowed to walk to.

STEP 4 Recording your results –

In the final 5 minutes of the lesson, record the following information in the space provided below:-

1. Record the number of “Steps” you walked, this should be on the LCD screen and should be a whole number over 3000. There should not be any tiny arrow showing on the right side of the LCD screen. If necessary, press the “M” button repeatedly until you get to this screen.

The number of steps I walked this lesson: _____

2. Record the number of “Kilometres” you walked. To do this, gently press the “M” (mode) button twice until the tiny arrow on the right hand side of the LCD screen points to the Km sign.

The number of Kilometres I walked this lesson: _____

3. Record the number of “Calories” you used. To do this, gently press the “M” button again until the tiny arrow on the right side of the LCD screen points to the Cals sign.

The number of Calories I used this lesson: _____

STEP 5 Student Evaluation –

Please turn over the page and complete the evaluation.

STEP 6 Returning your pedometer –

The pedometer will automatically turn off. Please return your pedometer to the teacher clipboard along with this completed sheet.

Pedometer – Student Evaluation

Student Name: _____

Class: _____

PDHPE Teacher: Mrs Brailey, Mr Brosnan, Mr Coase, Mr Hockey,
Mr Lawicki, Mr Morris, Mrs Walters (please circle)

Question 1 –

How many times this term have you forgotten your PE practical uniform? 1 2 3 4 5 6 7 8 9 (please circle)

Questions 2 –

Why did you not bring your uniform for this lesson?
(tick the one's that apply to you)

- Injured and have a parent note.
- Injured but do not have a parent note.
- Forgot to pack it.
- Thought it was another day.
- Didn't have time.
- Uniform was in the wash.
- Didn't stay at home last night.
- Other: _____

Question 3 –

Did you prefer power walking during the lesson rather than sitting down and writing? Yes/No (please circle)

Question 4 –

Why did you answer Yes/No in question 3?

Thankyou for your input. The PDHPE Faculty is trying to make a difference to the physical activity and health levels of all students at St. Peters.