



Get Active Gold Coast *Schools*

Education Pedometer *Kits*

Using pedometers can be an excellent way of motivating students to be active. Pedometers can be used to measure student movement during specific physical education activities or throughout the day.

Using a pedometer easily integrates with mathematics activities. Students can:

- measure the number of steps between various points around the school, e.g. from the library to the hall, and then add the number of steps between two locations.
- graph their step counts and analyse as to the various reasons for changes in levels of activity each day.
- develop ideas to increase activity levels.
- examine and discuss the differences between step counts for different PE activities or people playing different positions within the one game.

BORROWING PEDOMETERS

Borrow pedometer kits from the Gold Coast Public Health Unit.

Kits contain

- 15 pedometers
- Two publications:
 - Pedometer Power: 67 Lessons for K-12
 - Be Active TAKE STEPS: Pedometer Activities for Schools Yrs 4-8

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