

Name:

Grade:

Date:

Pedometer Estimation Sheet 3

1. Draw a straight, curved, and zig zag pathway and label them.

2. Choose a spot in the center of the activity area. Then, choose a location to walk to within the activity area. Put on you Digi-walker Pedometer. **Remember to reset it to ZERO!** Then, predict which pathway will take the most steps to get to that location. Write you answer here.

3. Now estimate how many steps it will take to get to that location. Include an estimate for each pathway:

Pathway	Estimated Steps
Straight	
Curved	
Zig Zag	

4. Now walk to the location you choose using one of the pathways. Remember to check your step total once you reach the location and record it on this sheet. (reset pedometer)(Do this three times)

Pathway	Actual Steps
Straight	
Curved	
Zig Zag	

5. Record the difference between the estimate and the actual steps for each pathway.

Pathway	Actual Steps	(minus) Estimated Steps	Difference
Straight			
Curved			
Zig Zag			

Questions:

6. Which pathway took the most steps? (Circle your answer)

7. Straight Curved Zigzag

8. Did you enjoy this activity? (Circle your answer) Yes No

9. Was it an easy or hard activity for you?

10. What parts did you need help to complete?

[\[Back to Assessment Menu\]](#)

| [Home](#) | [Lesson Ideas](#) | [Search PEC](#) | [Assessment Ideas](#) | [Bulletin Boards](#) | [PEC Store](#) | [Fitness and Skills Challenge](#) | [Advertisers](#) | [Videos and Pictures](#) | [Professional Info](#) | [Kids Quotes](#) | [Adapted PE](#) | [Preschool PE](#) | [Classroom Management](#) | [Job Center](#) | [Web Sites](#) | [PE Research](#) | [Best Practices](#) | [PEC Challenge](#) | [About PEC](#) | [Privacy Policy](#) | [Submit Your Ideas](#) | [FAQ's](#) |

Contact us via e-mail at pec@pecentral.org or mail to:

PE Central
P.O. Box 10262
Blacksburg, VA 24062
FAX: 540-301-0112
Phone: 540-953-1043

PE Lesson Plans K-8

Fitness Lesson Plans

Physical Education Games

PE Teacher Jobs

ads by Yahoo!