**Name/Title: Pedometer Expectations**

**Purpose of Event:** To make pedometers an effective physical education tool.

**Prerequisites:** General understanding of pedometers and how they work.

**Suggested Grade Level:** 3-5

**Materials Needed:** pedometers, poster board, markers

# Description of Idea

We have developed 3 expectations that our students should follow while using pedometers in physical education class. These 3 expectations are designed to protect the pedometers so they last longer, teach children to be principled and earn their steps, and to prevent pedometers from becoming a potential distraction during class.

These three expectations are:
1: If you SHAKE it, we will TAKE it

2: If you DROP it, please STOP it.

3: SET it and FORGET it.

The first expectation is designed to prevent students from shaking their pedometers and gaining steps unfairly. This also prevents unnecessary classroom distractions.

The second expectation is meant to remind students to take the time to properly secure their pedometer to their waist before they begin to exercise.

The third and final expectation is to remind students to always reset their pedometer before they put it on and to only check their steps during the appropriate activity breaks.

**Assessment Ideas:**

Students will be able to quickly grasp these new concepts and often just need one or two reminders to get back in line with the expectations. As the teacher you will easily be able to visually assess the students to see if the new expectations are working.

**Adaptations for Students with Disabilities:**

Children with disabilities really enjoy using pedometers and typically do not need any adaptations as far as the expectations are concerned.

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