

Name/Title: Pedometer Science

Academic content: Science and Scientific Method, Math

Purpose of Event: For students to discover the parts of their school day they are most active and get the most steps on their pedometer.

Prerequisites: Understanding of how a pedometer works and where it is worn for best scientific results.

Suggested Grade Level: 3-5

Materials Needed: Pen/Pencil, [Pedometer Science Handout](#), Pedometers

Physical activity: Use of Pedometers, active times throughout day

Description of Idea

What part of the day are you most active? We make a prediction and then test our hypothesis by wearing a pedometer and going about our day as usual. At 3 points in the day we will record our data on our paper and reset our pedometer. A good scientist looks for accurate, honest data. They do not change the numbers or shake the pedometer to match the hypothesis.

Assessment Ideas:

Discuss at the end of the activity, the students results. Create a graph of data. Draw conclusions from this data using graph or discussions.

Teaching Suggestions:

Take off pedometers and store in a quiet place during class to avoid disruption.

Adaptations for Students with Disabilities:

Students in wheelchairs can use an odometer to track chair motion. The pedometers can be worn in other locations although not ideal.

Submitted by **Jenni Peters** who teaches at North Street School in Grafton, MA. Thanks for contributing to PE Central! **Posted on PEC: 1/22/2017.**

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