

## **Name/Title:** Pedometer Partner Fitness Fun

**Purpose of Event:** To enhance fitness through the use of stations, working with another, and technology (e.g., pedometers).

**Suggested Grade Level:** 3-5

**Materials Needed:** Numbered cones, worksheets, task sheets, pencils, mats, pedometers.

### Description of Idea

#### **Preparation:**

Have the cones on the perimeter of the area. Use clothespins to attach the task sheets (see below) to the cones. Have the exercise task sheet (see below) attached to the inside of the cone. Have the locomotor task sheet attached to the outside of the cone so the traveling partner can read it. Place several mats inside this area for the students to use for curl-ups.

#### **Description:**

As the students come into the gym number them off and tell them to go to that number cone (I have my cones numbered 1-15 because I have one class of 29). When they are ready, explain that one person from each group will start with the **pedometer** set at zero. On signal, they do the locomotor movement tasks (see sheet below for these and to print this sheet out) around the perimeter of the room, changing skills as they pass their cone until they have completed all of the tasks. The other partner will stay inside the cone area performing the exercises listed on the task sheet (see sheet below) changing as their partner passes the cone and recording the number of each one done. When the traveling partner is finished, he or she records the total number of steps using the Digiwalker Partner Fitness Record Sheet located below. Then the other partner puts on the pedometer and resets it to zero and begins the locomotor tasks. After both partners have completed both tasks, have them total their number of steps and total the number of exercises together. They will have a total step number and a total exercise number.

- [Pedometer Partner Fitness Record Sheet](#)
- [Exercises Sheet](#)
- [Locomotor Skills Sheet](#)

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Submitted by **Sharon Welch** who teaches at Potowmack Elementary School in Sterling, VA. Thanks for contributing to PE Central! **Posted on PEC: 7/6/2005.**

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