Name/Title: Jog & Jump Partner Activity (with Pedometers)

Suggested Grade Level: 4-5

Materials Needed: 1 Pedometer, 1 jump rope, 1 score sheet, jump rope skill sheet (optional), 1 pencil per partner group, 1 set of numbered cones.

Description of Idea

Assign the students to a numbered cone as they enter the gym. The cones should be set up in numerical order on the perimeter of the boundaries of a large rectangle. The students need room to jog clockwise around the outside of the cones. Have the equipment at each cone or have the students get the equipment on the way to the cone.

On signal, one partner will jog clockwise around the perimeter of the area while the other partner practices their jump rope skills (I have a skills sheet with the jump rope skills I want them to practice on it). The jumpers need to stay within the rectangle while their partners jog around the outside of the area. After three minutes, have the joggers stop and open the Digi-Walker, check their step number, and go back to their cone. The jogger records his/her steps while the other partner puts the Digi-Walker on and resets it to zero. On signal the new jogger jogs and the other partner jumps rope.

After both partners complete the warm-up, have them add their scores together for their team score.

- Pedometer Step Recorder Sheet

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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