Name/Title: Roam the Halls for Fitness

Purpose of Event: To walk as many steps as possible during a class period while using a digiwalker or pedometer

Prerequisites: Instruction in using and programming a pedometer

Suggested Grade Level: 6-12

Materials Needed: A class set of pedometers, laminated hall passes on a piece of yarn for around neck, incentives/prizes (if desired) for students with the most steps.

Description of Idea

This activity is a good alternative for a day when your gym is not available for use. Students meet at the beginning of the period to hear the rules for "Roam the Halls". They are given their pedometer and a laminated hall pass to wear. The hall pass lists the rules that they must follow:

1. Talk to no one!!
2. Travel alone.
3. Take as many steps as you can during class.
4. No entering classrooms or peeking in classroom windows.
5. Do not disrupt others.
6. Stay inside the school building.

The students are told how many minutes they have to walk. At a specific meeting time, they must be back to the original meeting place, sitting down with their pedometers open on the table or floor in front of them. Prizes or incentives may be awarded for students with the highest number of steps (pencils, bouncy balls, goofy erasers, etc.)

You will want to inform the other teachers in your building of the activity and they can also be used as spies for you. It helps to let the kids know that you have spies around the building who will see them and report back if they are breaking the rules on the hall pass. I also circulate around the halls throughout the entire period in order to keep kids on task.

Variations:

Use an open field as long as boundaries are set and known by students.

Assessment Ideas:

Use digiwalker/pedometer readings for goal setting. Assess students on meeting their goals.

Teaching Suggestions:

Discuss with other teachers.

Make sure administrators are aware and approve of the concept.

Adaptations for Students with Disabilities:

Strap digiwalker to wrist of students in wheel chairs.

Submitted by **Kayla Clark** who teaches at North Pole Middle School in North Pole, AK. Thanks for contributing to PE Central! **Posted on PEC: 12/29/2001**.

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