

PHYSICAL EDUCATION

STEPPIN' ACROSS THE STATES

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Description: Students will use pedometers to measure the distance they walk each week. The class goal is to travel across the United States by adding individual student steps walked each week. Students will learn how to convert their steps to miles and convert miles into caloric expenditure.

Learning Objectives:

- Students will learn to operate a pedometer and chart the results as part of a personal fitness plan.
- Students will learn the relationship between pedometer steps, mileage and caloric expenditure.

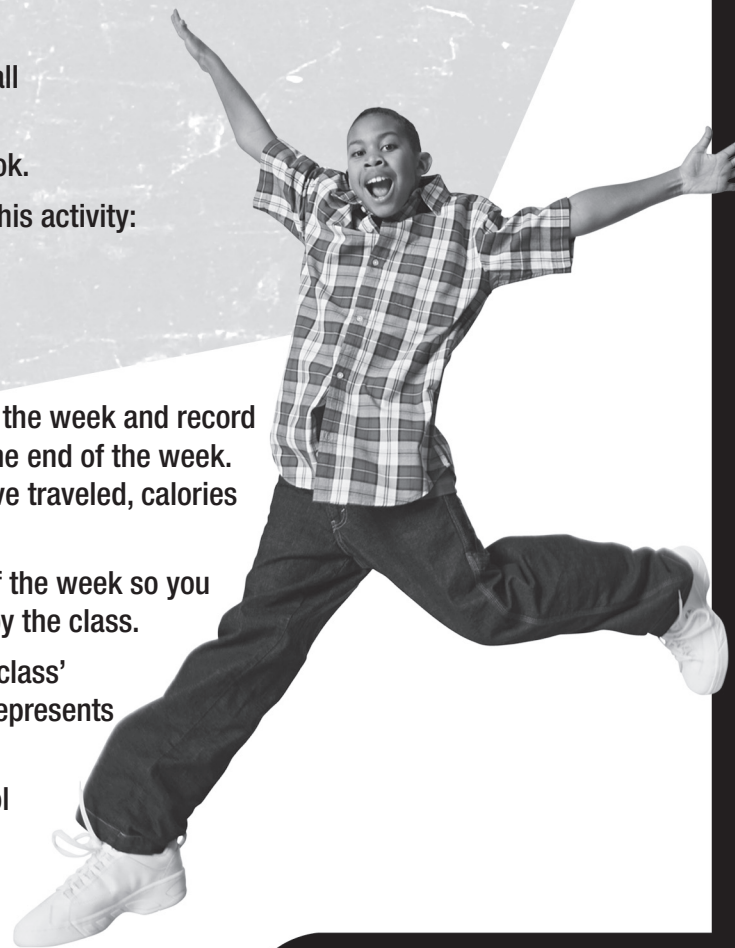
Activity Time: 20 minutes, once a week during the school year

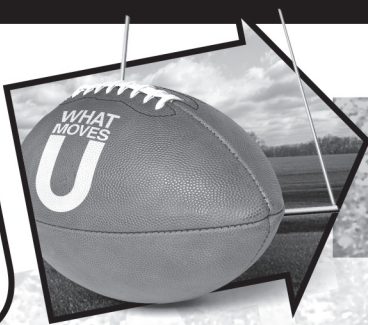
Materials:

- Large map of the United States
- Pedometers (one per student)
- Small notebook (one per student)

Directions:

- Display the large map of the United States on a wall or bulletin board.
- Give each student a pedometer and small notebook.
- Discuss the various math conversions related to this activity:
 - 2,000 pedometer steps = one mile
 - Each mile traveled = 100 calories burned
 - 3,500 calories = one pound of fat
- Have students wear their pedometers throughout the week and record the data off the pedometer into the notebook at the end of the week. Have students calculate how many miles they have traveled, calories they have burned and possible fat they have lost.
- Have students turn in their notebook at the end of the week so you can calculate the total number of miles traveled by the class.
- Begin on the East Coast of the map and chart the class' progress west each week by drawing a line that represents their miles traveled.
- Continue this activity each week during the school year and see how far the class can go.





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Modification: If you're concerned that students will lose their pedometers, have students wear them only during PE class or while they're at school.

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Correlation to National Curriculum Standards:

1. Participates regularly in physical activity.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

From NASPE http://www.aahperd.org/naspe/template.cfm?template=pr_032504.html

