

## Pedometers:

- **Pedometer Trick or Treat:** The purpose of this activity is for children to learn that food contains calories and you can burn those calories through physical activity. You will teach students that 2000 steps are equal to 1 mile. Through physical activity, once the student reaches 2000 steps on their pedometer, they will be given one piece of candy.
- **Nature Scavenger Hunt with Pedometers:** The purpose of this activity is to recognize various types of plants while walking in nature. Students are also aware of the various locomotor skills that can be used for traveling. Students are to walk around outside while paying attention to nature around them. They will be wearing pedometers so they will be able to keep track of how many steps they taking during this nature walk.
- **Super 6 Fitness Stations with Pedometers:** The purpose of this activity is for students to perform six specific fitness tasks while wearing pedometers. The six tasks are curl-ups, jump rope, pull-ups, jogging, push-ups and aerobics. Since students will be wearing the pedometers, they will be able to keep track of how many steps they take while performing various fitness activities.
- **Soccer Passing Challenge with Pedometers:** The purpose of this activity is for students to perform dribbling of the soccer ball, and passing it from one person to another. This can be done either indoors or outdoors. Since students will be wearing pedometers, they will be very surprised to find out how many steps they take while playing the sport of soccer.
- **Jog and Jump Partner Activity with Pedometers:** The purpose of this activity is for students to keep them physically active. Students are assigned to a numbered cone on the gymnasium floor. One student will jog around the perimeter of the cones, and another student will jump rope. They will both be wearing pedometers to keep track of how many steps they will be taking while exercising.
- **Pedometer Partner Fitness Fun:** The purpose of this activity is for students to do specific fitness activities while keeping track of how many steps they have taken. Students will be paired off and told what specific locomotor activity, or fitness activity to participate in. While they are performing these activities, the pedometer will be keeping track of how many steps they take.
- **Estimating Challenge with Pedometers.** The purpose of this activity is for students to use their estimating skills while performing certain tasks. For example, they will first write down an estimate on how many steps it will take to walk from one end of the basketball court to the other. Once the estimation is written down, they will put on pedometers and actually walk the length of the court to see if in fact their estimation was correct.
- **Pedometer Calorie Counter Game:** The purpose of this activity is to get children to start thinking about food and calories that they put into their bodies and how much work it will take to burn those particular calories. Students will enter their weight into the pedometer, and the pedometer will then be set onto calorie mode. The students will perform various locomotor activities to see how much physical activity it really does take to burn specific calories.
- **Steps to Fitness with Pedometers:** The purpose of this activity is for this to be a simple way to encourage movement in game and exercise situations. It allows students to evaluate their fitness potential of different activities. Students will perform different

physical tasks while wearing pedometers to see how many steps they take while being active.

- **Pedometer Knowledge Quiz:** The purpose of this activity is for students to learn how exactly a pedometer works. Students will learn how a pedometer works, and then put it to the test by participating in various physical activities. At the end of the class, the student will be given this quiz to see if in fact they truly understand how a pedometer works.
- **Alphabet Walk:** The purpose of this activity is for students to get out in nature and exercise, while at the same time looking for different things in nature beginning with letters of the alphabet. The student will be wearing a pedometer to keep track of how many steps he or she will take during the alphabet walk.

**Polar Heart Rate Monitors:**

- **Interactive Heart Rate Worksheet:** The purpose of this activity is for students to learn about how their heart works and how to find a target heart rate. Students will be wearing heart rate monitors while performing fitness activities such as jogging, curl-ups, and jumping rope. They will then take all the information they obtained from the heart monitor and put it onto the worksheet.
- **Movin' Down the Bunny Trail:** The purpose of this activity is to increase the student's heart rate by having them work on their cooperative skills. This is set up as an obstacle course with 5 stations. The 5 stations include the egg roll, hula hoop jump, three-legged partner bunny hop, find the golden egg, and hop and jump home. Students will make a notation of what their resting heart rate is. They will then put on the heart rate monitor and perform the obstacle course. When they finish, they will write down what their heart rate is.
- **Healthy Field Day:** The purpose of this activity is for students to perform all the activities of his or her school's field day. They will be wearing heart rate monitors throughout the entire day to keep tabs on how their heart rate really is. You can have older children matched with younger children as well.
- **The Amazing Race:** The purpose of this activity is to improve their directional awareness by locating symbols and sites on a map. Students will be going from place to place in search of what is asked of them on their sheet. They will be wearing heart rate monitors because once they find a particular clue, they will have to perform a specific skill such as skipping, running, or crawling. Since they have the heart rate monitor on, they will be able to keep track of what their heart rate is through each part of the Amazing Race.
- **Fortune Cookie Warm-up:** The purpose of this activity is for students to perform a total variety of activity for their daily warm-up. The Physical Education teacher will put a bunch of different activities onto small cards, and place them into a hat for each student to pick out. Students will be wearing heart rate monitors to see what their resting heart rate was prior to performing the warm-up, and then right after they complete the activity. Some of the activities include playing leapfrog from one end of the gym to the other, doing 3 successful tennis serves, and score two goals a piece while playing push up position hockey.

- Jump Rope for Heart: The purpose of this activity is for students to be jump roping for a good cause. Students will write down what their resting heart rate is. They will then put on a heart rate monitor and jump rope for different amounts of time. It will be interesting for the student's to see how their heart rate will increase because of the jump rope.
- Hoops for Heart: The purpose of this activity is for students to be playing basketball for a good cause. Students will write down what their resting heart rate is. They will then put on a heart rate monitor, and play basketball for different amounts of time. It will be interesting for the student's to see how their heart rate will increase because of playing basketball.
- Olympic Challenge: The purpose of this activity is for children to learn about and perform all the components of the Presidential Fitness Test. Some of the things that children will do includes a football toss, floor hockey shot, and bobsledding utilizing a scooter. The children will be wearing heart rate monitors so they can see what their heart rate is from low level activity up to high level activity.
- Fitness Monopoly: The purpose of this activity is to have students elevate their heart rates. This is based on the board game Monopoly. This is an activity that the gym floor into a game board for fitness activities. Children will role dice to see what spot on the game board they land on, and subsequently that will be the activity they need to perform. There will also be a free space, where children will be able to do fun activities such as the Macarena and scarf juggling. While children are playing this game, they will also be wearing heart rate monitors to see how their heart rate increases and decreases through different activities.
- Pac-Man and Ms. Pac-Man: The purpose of this activity is for students to utilize as many locomotor movements as they can. I played this game in elementary school. This game is played by using all of the lines on the gymnasium floor. There will be 1 Pac-Man and 1 Ms. Pac-Man. They will be going after other students who will be doing different locomotor movements while traveling on the lines. The students who are the Pac-Men will be wearing the heart rate monitors so they can see how high their heart rate goes while chasing after the other students. All children will have the chance to be either Pac-Man or Ms. Pac-Man so they can also wear the heart rate monitor as well.

Websites used:

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5208>

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4511>

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1709>

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1710>

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1711>

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<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3756>

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