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4th Grade

Use of pedometers for teaching in Physical Education

1. Walk around the gym three times and see how many steps it takes.
2. Run around the bases at a baseball field
3. See how many steps it takes to spot a squirrel
4. Walk around the school (inside or outside) to see if you can spot a word with every letter of the alphabet
5. Have the children find different animals or plants in nature
6. Play Tag for ten minutes and see who has the most and least steps
7. Make the students keep the pedometer on for a whole school day and see who has the most amount of steps. Tell them to do there normal amount of steps and not try to go out of there way just to get more steps.
8. Have the students perform different locomotive movements and see which movement requires the most steps.
9. Have half of the class play one sport and the other half play another and see which sport on average has the most steps.
10. Set up a couple different obstacle courses and see which requires the least amount of steps.

Use of polar heart rate monitors for teaching in Physical Education

1. Have the class sit to calculate their sitting/normal heart rate.
2. Have a third of the class run two laps, the other third jog two laps and the last third walk two laps and see the difference in heart rate.
3. Have the class jump rope
4. Have the class perform jumping jacks.
5. Set up a few hop scotch courts and let the class play hop scotch.
6. Students to perform a specific locomotive activity and then see which one requires the most effort and a higher heart rate.
7. Have half the students perform sit-ups and the other half do push-ups and see which half of the students have a higher heart rate.
8. Have them run down flights of steps and walk slowly down the steps.
9. Play a game of freeze tag and maybe the one who are frozen more often have a lower heart rate.
10. Have them play basketball and then let them rest and then play again and see how long it takes them to recover and if the heart rate goes higher the second time around.