



# SPEA ON THE MOVE

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Connect You to the World



## Using Pedometers to Teach About Physical Activity

When children are asked how active they are, they generally respond with a resounding, “I don’t know,” a blank stare, or an inaccurate estimate. Much of the confusion for children is due to the abstract nature of physical activity.

In fact, recalling physical activity levels can be difficult for many adults. Pedometers offer a concrete and comprehensible measure of physical activity. Using pedometers during physical education, and outside of physical education when possible, lets students begin to think about their physical activity. (Beighle et al, 2004)

## Tips on Using Pedometers with Children and Youth

- Keep a Pedometer Log. Invite each child or youth to record their step count for one week.
- Reduce screen time! Encourage each child or youth to limit their “screen time”. Have them track their steps before they reduce their screen time and after, so they can see how many more steps they take.
- Make it fun! Encourage kids to use their pedometers in fun or unique ways.
- Do a step count challenge.
- Post a chart to record steps. Get individuals or teams to keep track of their steps and see who has the most.
- Take a walk in your community. Convert steps to kilometres and tally how many kilometres each child walks.
- Lead the kids on a brainstorming session. Challenge them to think about ways they can decrease their sedentary time, so they can increase their step counts.
- Set targets. Challenge each child to set a target daily step count; encourage them to meet or beat their goal!
- Enhance cross-curricular lessons. Teachers can use pedometers in math classes to measure distances and link health outcomes to help students identify the number of steps needed to “walk off” a certain number of calories. ([Centre4activeliving](#))

## Great Pedometer Links for Educators

- [PEDOMETERS GET KIDS MOVING IN THE RIGHT DIRECTION](#) by Barb Gormley
  - [What are the benefits of stepping out with pedometers?](#)
- ## Professional Development Opportunities
- [ACTIVE: From The Start; ACTIVE: For Life](#)  
[SPEA Conference May 2020](#)
  - [Physical Literacy: How Movement Improves Learning and Emotional Well Being](#)



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