

Pedometer Kilometer Walking Club- Get Kids Moving!

Getting started- Choose target group (Grades 3, 4 and up)

- Ask for volunteers (3 adults/45 students)
- Acquire pedometers- donations, fundraising, budgets, parent councils (stepscount.ca)
- Make personal recording cards and have a tin of pencils
- If you have pedometers, number them (inside and outside) as well as the recording cards
- Promote club to target group
- Establish simple rules- respect others-wear running shoes- have fun
- Have a try-it-out session-Teach how to use (reset button and testing accuracy) and how to wear a pedometer- add a rule- You shake –we take (This could easily take .5 hour)
- Have participants sign their name to a poster. This shows their commitment
- When students first record their steps (and for a few sessions after) have them show their pedometers to a teacher, teacher records #

No pedometers? No problem

-Measure walking area. Example 10 laps = 1km

- Buy plastic paper clips. Each lap collect a paperclip, clip them together to build a chain. Build 10 for a km take all off for 2 km. Kids liked the system, it worked until pedometers arrived.
- Problems were- some kids took more than 1 paperclip, some dropped paperclips
- When pedometers arrived the system switched from counting kilometers to counting steps

Motivation

- play music
- exercise wall posters
- mystery spot (stop music, can march in place- whoever is the nearest to mystery spot wins a prize)
- pass the baton
- nerf tag- no throwing, can only tag people in front
- mystery #- choose a low, med., high # of steps before they start walking
- gym- low organized games

