

Lesson 2 of 6

Walking

EQUIPMENT

pedometers (one per student) » copies of a map of the school yard » pencils » Walking & Wheeling bulletin board » cards listing last five reasons why kids should walk

Warm It Up

PEDOMETER EXPLORATION

Provide each student with a pedometer and explain that pedometers, when positioned correctly, count the number of steps you take. Provide time for students to explore the placement of the pedometer and try to find a place that accurately counts the number of steps taken. Gather as a large group, invite students to share the results of their exploration and describe the most reliable placement of the pedometer; clipped in an upright position on the waistband of pants or shorts near the hipbone in line with the kneecap. Consider inviting older student or parent volunteers to help younger students place and learn how to use their pedometer. Test the pedometer by setting it to zero and taking 10 steps on the spot without looking at the display. Check the display to ensure about 10 steps have been recorded. Troubleshoot as needed (refer to Related Resources).

ABCD's of Physical Education



RELATED RESOURCES

- Trek Across Alberta Teacher's Guide (Kindergarten to Grade 6), Alberta Education, 2005, www.education.alberta.ca/media/484538/trek.pdf



Safety First!

See Safety Guidelines page 106.



Activity	
Basic Skills	A(2-3)-7
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select and perform basic skills in a variety of environments and using various equipment" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate walking skills and proper technique
- Students can use pedometers to record number of steps on a map



Whoop It Up

HOW MANY STEPS?

If your school does not have pedometers, check with your school jurisdiction, contact your local Be Fit For Life Network (www.befitforlife.ca), or order a class set at www.lrc.education.gov.ab.ca, or www.stepscount.com.

WALKING BANANA SPLIT: Instruct students to stand shoulder to shoulder with a partner, and for each pair to stand one behind the other to form two long lines. On the signal to begin, students walk, using proper walking technique (refer to lesson 1) being sure to stay beside their partner and in line with other students as they move around the school yard. Every 15 – 20 seconds, call “banana split”, at which point the two students at the front of the lines will “peel”; one student turns to the right and the other to the left and they both travel the length of the line to end up side by side at the back of the line. After a few banana splits, call “cherry on top” or “stop” and provide 10 seconds for partners to check their number of steps and brainstorm the five reasons why kids should walk or wheel explored at the end of lesson 1, or the four walking techniques. Invite 2-3 pairs to share one item they discussed. Repeat. Scan the school yard for safety hazards and point these out to students while participating.

PEDOMETER MAP: Explain to students that children aged 6-12 should take 16,500 steps each day to be healthy and that the next activity will allow them to find out the number of steps they take when playing on school grounds. Provide each student with a map of the school yard and a pencil. In groups of 2-3, instruct students to count and record the number of steps from the school doors to five of their favourite places on the school grounds. Record the number of steps on the map by drawing an arrow and writing the number of steps needed to walk or run to each favourite location. When finished, students count the number of steps it takes to walk and then run one lap of the school yard and record on the map. Gather as a large group and ask students to share the number of steps needed to get to some of their favourite school yard locations. Discuss why students may have recorded a different number of steps to similar locations.



Safety First!

See Safety Guidelines pages 23-24.



Activity

Wrap It Up

10 REASONS WHY KIDS SHOULD WALK (PART 2)

Collect the pedometers, maps and pencils. Introduce and discuss the remaining five *Ten Reasons Why Kids Should Walk or Wheel* and add to the bulletin board started in lesson 1. Walking and wheeling... makes you feel good, lets you meet and talk with friends, builds strong bones, is fun, and is for everyone! Consider lending pedometers to students to allow them to track the number of steps they take each day for a week.