

# Fundamentals in Using Pedometers

## Checklist

Ensure that the following bullets are discussed to all classes when introducing pedometers:

### Introducing Pedometers to a Class:

- Label all pedometers, 1-30 with a marker.
- Assign pedometers to students.
- Ensure you state the purpose to students: to increase physical activity levels.
- Pedometers are small devices that measure steps or physical activity.
- Explain distribution and turn-in process with pedometers.

### After Pedometers Have Been Given to Students

- Explain in detail the **terminology** of the pedometer and how you retrieve information.
  - Explain how you **open** the pedometer while it is on your body using the top clip.
  - Explain the **three modes** of the pedometer, 1. ex time 2. mile 3. Step
  - Reinforce that the students should never press the **Set** button in the middle. This will erase all programmed stride length for the pedometer.
  - Explain the holding the **yellow reset** button for 2-3 seconds will reset their pedometer to Zero.
- Under your supervision, allow students to **shake** the pedometers to observe the numbers increasing, and then reset the pedometer.
- Set the rule, “You shake it, I take it.” (Explain that shaking destroys the accuracy of pedometers.) Cheating.
- Demonstrate correct placement and allow students to practice putting the pedometers on. Attach the pedometer to your waistband or belt directly above the knee. Make sure it is closed.
- Have students reset the pedometers and walk in the teaching area, periodically checking the pedometers.
- Allow students to participate in teacher-directed activities while checking the pedometers from time to time.
- Assure students that step counts are private and do not have to be shared with classmates.
- Explain that the retrieval/return system will require several practice opportunities for children to become efficient with the routine.
- Reinforce the importance of honesty, respect, and cooperation when using pedometers. Remind students that using pedometers is a privilege that can be revoked for inappropriate behavior.

**Sample Pedometer sign-out sheet**

**SCHOOL** \_\_\_\_\_ **ROOM #** \_\_\_\_\_

<b>Name</b>	<b>Pedometer #</b>

**SCHOOL** \_\_\_\_\_ **ROOM #** \_\_\_\_\_

<b>Name</b>	<b>Pedometer #</b>

