PEDOMETER AND HEART RATE ACTIVITIES

PEDOMETER ACTIVITY - UNDERSTANDING INDIVIDUAL DIFFERENCES

- Walk a specified distance and record the number of steps taken.
- Find a partner.
- Compare steps and discuss why there is a difference:
 - Differences in height?
 - Differences in stride length?
 - Differences in pathways?
 - Other ideas?

PEDOMETER ACTIVITY - ACCURACY OF PEDOMETERS

- Keeping the pedometer on your waistband (and the cover is closed)
 - reset your pedometer to 0.
 - walk and verbally count all steps to 100.
 - Stop at 100 steps and check your steps.
 - How close are you to 100 (+/- 10?)?

PEDOMETER ACTIVITY - WALKING OR JOGGING

- Look at the designated course and
 - Guess the # of steps it will take to walk the course.
 - Guess the # of steps it will take to jog the course.
- Walk the course and record the # of steps.
- Jog the course and record the # of steps.
- How close were your guesses?

PEDOMETER ACTIVITY - SELFIE SCAVENGER HUNT

- This is a race!
- Run to each location and take a selfie with your group. When you have a picture at each location, race back to the starting point.
 - Location I
 - Location 2
 - Location 3
 - Location 4
 - Location 5
- This can be used early in the school year to familiarize students with important locations on campus.

PEDOMETER ACTIVITY - NERVOUS NELLY

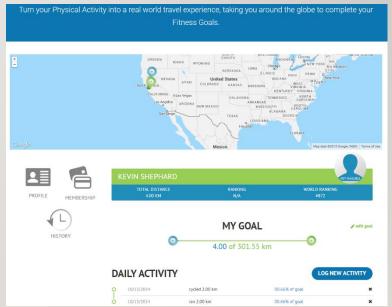
Participants must attach pedometers to both arms and both legs.

• The participants have one minute to score a combined 500 steps on all four pedometers.

PEDOMETER ACTIVITY - ACTIVEGLOBE.NET

• Set a goal for distance traveled by class (2,000 steps = I mile). You can also choose what city you are trying to get to.

- See how close each group got to their goal and discuss.
 - https://activeglobe.net/individuals



HR ACTIVITY - COMPARING ACTIVITIES

Task Sheet and Exit Slip for Heart Rates	
Names:	
*You and a partner will have 60 seconds to complete each activity. *Write down your estimated heart rates before the activity and then actual heart rate *Rest 3 minutes in between activities*	after each activity.
Skipping briskly in general space	
Partner 1. My HR was(estimate)/(actual) beats/minu Partner 2. My HR was(estimate)/(actual) beats/minu	te te
Jumping rope in self-space	
Partner 1. My HR was (estimate)/ (actual) beats/minu	te .
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Walking backwards in general space	
Partner 1. My HR was (estimate)/ (actual) beats/minu	
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Pushups	
Partner 1. My HR was (estimate)/ (actual) beats/minu	te
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Playing catch w/partner	
Partner 1. My HR was(estimate)/(actual) beats/minu Partner 2. My HR was(estimate)/(actual) beats/minu	te
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Student-led stretches	
Partner 1. My HR was (estimate)/ (actual) beats/minu	te
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Other (you decide)	
Partner 1. My HR was (estimate)/ (actual) beats/minu	te
Partner 2. My HR was (estimate)/ (actual) beats/minu	te
Partner 1. My HR was (estimate)/ (actual) beats/minu Partner 2. My HR was (estimate)/ (actual) beats/minu	te te
Why does your heart rate <u>decrease</u> on certain activities?	
Why does your heart rate <u>increase</u> on certain activities?	
List 3 activities that we did not do today that would double your resting heart rate.	

Jeartheat Station

You will participate in various stations to understand how physical activity at varying intensity levels influences your heart rate and how you perceive the intensity of the activity.

First, rate the activity at each station from the Borg Ratings of Perceived Exertion Scale based on your prediction of difficulty of each activity. Next predict your heart rate after 2 minutes of the station. Now, do the activities below for 2 minutes and then record the number under the same scale. Finally record your actual heart

Resting Heart Rate:

Name of Station	Predict Borg Rating of Perceived Exertion Scale	<u>Predict</u> Heart Rate	Actual Borg Rating of Perceived Exertion Scale	Actual Heart Rate

	Rating of Perceived Exertion Borg RPE Scale			
6 7 8 9 10	Very, very light Very light Fairty light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.		
12 13 14 15 16	Somewhat hard	Target range: How you should feel with exercise or activity.		
17 18 19 20	Very hard Very, very hard Maximum exertion	How you felt with the hardest work you have ever done. Don't work this hard!		