

# PEDOMETER BELTS

Item #14629

## What are the Educational Applications?

This activity is in compliance with New Jersey Core Curriculum Standard #2.5 and National Standards 1 through 6.

Teaching lifetime fitness goals is a must in today's Physical Education Curriculum. Walking can be taught as an effective tool for fitness, stress reduction, and cardiovascular health.

## Product Use

Getting pedometers on and off students of any age in a timely manner has been problematic in the past. This new product will help you incorporate pedometer technology quickly and efficiently.

## Activity

### Basic Walking Program

This activity can be used as a warm-up activity for the first 8 to 10 minutes of class. Pedometers are pre-attached to the pedometer belt and can be hung on a pegboard for easy distribution and collection. Small clipboards and pencils can be distributed at the end of the walk or the students can get them with their pedometer belts and carry them as they walk.

A specific course is not necessary as this is a timed activity rather than a distance activity.

All students should be directed to put on their pedometer belts with the pedometer located over the center of their knee.

## How Does this Product Relate to Current Educational Thinking?

The Council on Physical Education for Children (COPEC) developed the position statement: "Developmentally Appropriate Physical Education Practices for Children". Twenty-six components of a physical education program have been identified. Developmentally appropriate and inappropriate examples are provided as guidelines for recognizing the best practices (appropriate) and the most counter-productive practices (inappropriate). These guidelines are useful as a decision-making tool for developing quality physical education programs.

### Active Participation for Every Child - Appropriate Practices

All children are involved in activities that allow them to remain continuously active. Classes are designed to meet a child's need for active participation in all learning experiences.

### Competition - Appropriate Practices

Activities emphasize self-improvement, participation, and cooperation instead of winning and losing.

### Gender Directed Activities - Appropriate Activities

Girls and boys have equal access to individual, partner, small group, and team activities. Both girls and boys are equally encouraged, supported, and socialized towards successful achievement in all realms of physical activities.





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