**Pedometer**

World Relay

**Materials: Pedometers, World Map or Active Globe to track progress**

* Classrooms will be divided up into teams
  + Each student will have their own school issued pedometer
    - 2 teams competing
      * 8-9 classes on each team
* Teams will complete against other teams to try to reach the goal destination
  + Set short-term (daily) and long-term (from point A to B) goals
    - Today we our goal is to travel
    - Ex. It is 672mi from Des Moines to Denver. I estimate it will take our class 13 days to get there.
* This will be done in a relay style
  + Two classes from opposite teams will wear pedometers daily
  + They continue to wear them every day until they reach their CHECKPOINT
  + They then would ceremoniously (over an announcements) be recognized for their achievement
    - Ex. “Excuse the interuption: Team Blue Falcons have reached…”
  + The pedometers would then be passed on to the next classroom on their team.
  + The relay would continue in this manner until the final destination (Sydney,Australia) is reached
    - 9219 mi from Homer Glen, IL to Sydney
  + First team to reach the final destination wins.

* Students wear pedometer from the time they get to school until the dismissal time.
* Classroom teachers will be encouraged to find ways to stay active in the classroom

Shape National Standards:

* S1 - Demonstrates competency in a variety of motor skills and movement patterns.
* S3.E1 - Physical activity knowledge
* S3.E2 - Engages in physical activity

Illinois State Standards

* 20A. Know and apply the principles and components of health-related and skill-related fitness as applied to learning and performance of physical activities.
* 20B. Assess individual fitness levels.
* 20C. Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

Common Core/Enrichment activities:

* Math - calculating distances in miles (U.S.) and converting to metric (Australia)
* Science - Categorizing animals native to Australia and comparing to animals native to US
* English - Create a story about a fictional trip to “the land down under”.
* Reading - Read a story a fiction and non-fiction story about Sydney.
* History - View a video on Aborigines and discuss their current place in society
* Music - Examine the type of instruments used in Indigenous Australian music
* Physical Education - Set step goals and use pedometers to measure time spent in MVPA zone.

\*\*\*Variations\*\*\*\*

* Only the top 3 step counts from the class each day count toward the daily total.
* At each checkpoint, an activity about that location is introduced to the students of the entire team