

School Pedometer Lending Guide

Pedometer-related activities align with the Ontario curriculum. Pedometers can be used during standard physical education sessions to support school [daily physical activity](#).

How to Use the Pedometer:

It's Easy! It has just one button – RESET.

The RESET button has a delay to help prevent accidental reset. To clear the screen to 0, press and hold the RESET button for 2 seconds.

Wearing:

Attach the provided strap to your pedometer to prevent loss or damage. When wearing your pedometer, clip the strap *and* clip the pedometer. The pedometer should be upright to increase count accuracy.

Care Instructions:

Do not apply excessive force or submerge the pedometer in water.

Classroom-Based School Activities to Get Started

- Review the Memorandum regarding Daily Physical Activity in Elementary Schools including the section on [Safety](#).
- Students can journal and/or create a personal action plan incorporating their pedometer counts, physical activity achievements, and strategies to support their achievements at school. For examples of how to incorporate more opportunities for physical activity during the school day [OHPEA- Physical Activities](#)
- Consider including culturally based movements.
- [BikeWalkRoll](#) Mark your calendars! Register your class by **October**, It's as easy as **1, 2, 3!** And can be done in 30 seconds! [BikeWalkRoll](#) is an easy way to gather data, build school spirit, and inspire families.
1. Find your school on a map. 2. Do a 30-second survey. 3. See your BikeWalkRoll score.
- Discuss the geography of Canada as they “walk across the country” plotting steps on a map. Plan theme days as they reach each province.
- Discuss the environmental impacts of active transportation versus driving. Explore urban planning and create projects on making communities student/pedestrian friendly.
- Calculate stride length to measure distance; graph step totals and use conversion charts.

For more information and support:

- [24-Hour Movement Guidelines](#)
- [Ontario Active School Travel](#)
- [School Travel](#)
- [Green Communities Canada](#)
- [Physical and Health Education Canada](#)

Contact your [School Health Public Health Nurse](#) or [APH Resources](#), for more information.

Enjoy your daily physical activity!