

# PEDOMETER AND HEART RATE ACTIVITIES

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# PEDOMETER ACTIVITY - UNDERSTANDING INDIVIDUAL DIFFERENCES

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- 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

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- 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

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- 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

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- 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 1
  - 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

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- 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 = 1 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>

Turn your Physical Activity into a real world travel experience, taking you around the globe to complete your Fitness Goals.

United States

KEVIN SHEPHARD

TOTAL DISTANCE: 4.00 KM

RANKING: N/A

WORLD RANKING: #572

MY GOAL

4.00 of 301.55 km

DAILY ACTIVITY

10/13/2014	cycled 2.00 km	00.66% of goal	✕
10/13/2014	ran 2.00 km	00.66% of goal	✕

# 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 after each activity.

\*Rest 3 minutes in between activities\*

### Skipping briskly in general space --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Jumping rope in self-space --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Walking backwards in general space --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Pushups --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Playing catch w/ partner --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Student-led stretches --

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

### Other (you decide) \_\_\_\_\_

Partner 1. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Partner 2. My HR was \_\_\_\_\_ (estimate)/ \_\_\_\_\_ (actual) beats/minute

Why does your heart rate decrease on certain activities?

Why does your heart rate increase on certain activities?

List 3 activities that we did not do today that would double your resting heart rate.

## Heartbeat Stations

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 rate.

Resting Heart Rate: \_\_\_\_\_

Name of Station	Predict Borg Rating of Perceived Exertion Scale	Predict Heart Rate	Actual Borg Rating of Perceived Exertion Scale	Actual Heart Rate

## Rating of Perceived Exertion Borg RPE Scale

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