

Name: _____

Class: _____

SCAFFOLD

Introduction to pedometry

Task A: Determining your stride length results

Distance of 20 m	Number of steps	Stride length
Walking		20 m ÷ steps = m = cm
Running		20 m ÷ steps = m = cm

Task B: Comparing intensity – walking versus running results

	Number of steps taken	HR (bpm)	Increase in HR	% max HR	Intensity
Before activity	n/a		n/a	n/a	n/a
Walking					
Running					

n/a = not applicable

Task C: Estimating your step count results

Walking task	Estimated number of steps	Step count at start of activity	Step count at finish of activity	Actual steps taken for activity
Around the oval				
Around the school buildings				
Around the perimeter of your school campus				

Task D: Estimating total distance covered results

Total steps (Task C)	Walking stride length (Task A)	Estimated distance covered (km)