

# Premier's 10 week Sporting Challenge Resources: Integrating the Challenge

## Pedometer Integrated Learning



### NSW Premier's Sporting Challenge

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# Pedometer Integrated Learning

## Maths

- Estimating & recording total steps daily/weekly/monthly/yearly
- Subtracting the difference between the above scores
- Ranking the scores in order from lowest to highest
- Finding the average and/or the range in scores
- Graphing results over a week/month/year
- Comparing results in pairs and calculating the difference in stride lengths
- Using a map of the school & predicting/recording the steps between different locations
- Predict/record number of steps per hour each day
- Consider factors and draw conclusions
- Determine individual average number of steps per kilometre. Calculate in 20km? 100km?

## Science

- Hypothesising the number of steps taken in three different sports for a fixed amount of time.
- Experiment to predict/record number of steps per hour in school day
- Recording and graph results of both tasks. Consider the variables and draw conclusions (e.g. level of involvement in game, size of field, stride length, positions, and intensity).
- Hypothesise/record which requires more steps in a given time (e.g. walking, jogging, hopping, skipping etc.).
- Identify patterns in tracked data and present to class.
- Identify possible inconsistencies/gaps in using pedometers as recording devices.

## English

- Write a science experiment (procedure) for one of the Investigative tasks.
- Write an exposition on how 'Pedometers are Beneficial for your Health'.
- Write a narrative entitled 'The Day in the Life of a Pedometer.'
- Conduct a class debate on 'Pedometers are better than Skipping Ropes for Increasing your Fitness.'

## Physical Education

- Record the number of steps marching on the spot for 1 min/5 mins/10 mins. Discuss variations in the scores.
- Predict/record the number of steps taken playing in different positions in a sport (e.g. netball, cricket, soccer). Draw conclusions from the results.
- In a game of touch football predict/record the number of steps that a player makes compared to the referee. Suggest factors that may influence the result.