

# Pedometer Challenge

## Children's Resource

### **Why is physical activity important?**

Taking part in at least 60 minutes of exercise every day is great for the following reasons:

- It gives you more energy and adds fun to the day
- It helps you to sleep better and makes you happier
- It keeps you fit and healthy, and protects you from coughs and sneezes
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- It makes your bones stronger and keeps your muscle healthy
- It helps you concentrate and can improve your school work
- It makes you more confident and helps you to make new friends

### **How quickly can your class get to the UEFA Euro 2016 Finals?**

Pedometers are a great way of seeing just how physically active you have been over a set period of time, for example over the last 24 hours or the last week. To make sure you are getting your '60 minutes a day' we have set an exciting challenge to get everyone in your class active.

You and your classmates have been challenged to travel the distance between Romania and Paris, home of the UEFA Euro 2016 Finals, as fast as you can – a journey of 2,300km! Your teacher will give you and your classmates a pedometer to wear every day. A pedometer records the number of steps you take whilst moving around to give you an idea of how far you have travelled

### **How to play:**

- Put the pedometer on the right side of the waist band of your shorts / trousers and in line with your right knee. This will allow the pedometer to count all of the steps you take.
- Wear your pedometer at all times during the day. Only take it off when you go to sleep - it might be uncomfortable.
- Every school morning, with your teacher, record the number of steps you took yesterday in your own **Steps Record Sheet**.
- Every step that you take matters, try to increase your daily contribution to the team.
- Aim to achieve a minimum of 7,500 steps per day which is the approximate equivalent of 60 minutes physical activity for children and young people.



### **Staying on side:**

Make sure you always record the right number of steps.

Remember no cheating, the referee will always be watching and might give you a yellow card!

If you get two yellow cards the referee will give you a red card and take away your pedometer until the next school day. Any steps you have taken on this day will not count – making the challenge more difficult for your class.

### **Tips:**

Encourage all classmates to be active and invite your classmates to walk to school with you.

Do active games during school breaks, and don't stay sitting around. Organise a ball game, a walk, a dance or any other active activity with your friends or family.

**Now you're ready for kick-off!**



# Pedometer Challenge



Number of Steps to Paris:

4.600.000

## Steps record sheet

Name \_\_\_\_\_

	Date	# of steps
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		