

Pedometer Assessment Information for 3rd and 4th Grades

As you may have already heard, the Meridian School District is one of 76 sites in the country chosen as a recipient of the Carol M. White Physical Education Program Grant. The grant will provide resources to focus on physical activity, wellness, cardiovascular fitness, and the consumption of fruits and vegetables. Measures and statistical data will be required to be shared with the US Department of Education.

Part of that data includes the monitoring of the number of steps students take per day using pedometers. Each student will be asked to wear a pedometer for a specific period of time to track the number of steps they take.

On Monday, January 23rd all 3rd and 4th grade students at Monroe Center Elementary will be assigned a pedometer during their physical education class. A pedometer is a small clip-on device that counts the number of steps you take. Each student will be instructed on proper placement, use, and care of their pedometer. The pedometers are being “loaned” to each student and will need to be returned on Friday, January 27th during their physical education class.

Students will wear the pedometer for 4 straight days (Monday – Friday) only removing it to sleep, bathe, swim, or any other type of activity that might damage it. During the 4 days of monitoring, students should wear their pedometer all day during school, at home, during after school and evening activities and even sporting events and practices. When the pedometer is removed for sleeping, it should **not** be reset. Resetting of the pedometer will take place during their physical education class after their steps for the 24 hour period have been recorded by the physical education Teacher.

On Friday, January 27th all pedometers will be returned after the 4th day of steps have been recorded.

The information obtained in this research will be treated as confidential. Data obtained from this study will be used for a statistical or scientific purpose with the student’s right or privacy upheld. If you have any questions, please contact your child’s PE Teacher or you may find more information and log sheets on our website: www.meridian223.org.

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Let’s Get Stepping!!!!