PLAN AND PRACTISE STRATEGIES TO PROMOTE HEALTH, SAFETY AND WELLBEING. COLLABORATING WITH OUR WHANAU AND SCHOOL COMMUNITY TO ACHIEVE A GOAL.

ESSENTIAL QUESTION:
IS IT POSSIBLE TO WALK THE LENGTH OF ACT IN ONLY ONE DAY?

WHAT ARE WE LEARNING?

- Participating in communal events and describe how such events enhance community wellbeing.
- Converting between metric units (and steps) using whole numbers and commonly used decimals.
- Transforming seemingly unachieveable health goals into smaller more achievable steps.

TRY THIS WITH

- Year 4-5
- Students who love hatching a plan.
- Students who struggle to self start.

find

Why
Show
When
Who
Where
Quote

apply

Interpret
Analyse
Connect
Classify
Question
Translate

produce

Measure
Persuade
Model
Value
Design
Give reasons

Cut string to match the individual step length of each student in the class. Support students to convert 10 metres into an equivalent number of their own steps. Measure a range of objects and distances around the school in the same manner. Use Quickapp to reframe school measurements into individual student step statements. Overlay Quickapp statements such as “The tennis court is 15m wide or 28 Claudia Steps”. Design a way to measure physical activity through the day that doesn’t use technology. Collate the individual and class data every day. Brainstorm 1, 2, 5 and 10 minute activities that students can fit into their day. Think about how individuals could change behaviour to increase the overall class activity rate. Reflect on the activity measurement system that the class chose. How accurate was it? Ask: Could we use technology to more accurately track our individual activity levels?

Challenge students to source as many free pedometer apps as they can. Use information gained from the previous ‘10m step’ conversions to design a Fair App Test. Prompt students to convert their own steps to distance in 10, 100, and 1000 metre distances. Find a ‘nontech’ method to check the accuracy of your distances, e.g. a 50m measuring tape. Trial the pedometer apps under the class’s fair test conditions. Challenge students to “trick” any of the apps. Ask: Why do pedometer apps give different totals for the same distance? Rank the pedometer apps according to accuracy and recommend a Class Top 5. Use the best apps to measure the total daily number of steps for the class. Focus on converting overall steps to overall distance. Investigate average distance per student. Using the class avg steps/student/day calculate how far down the A23 the class could get on its own. Investigate average distance per student. Using the class avg steps/student/day calculate how far down the A23 the class could get on its own.

Students can check they have successfully completed the task by:

- Categorising personal activities into sedentary, moderate and vigorous.
- Developing a fair test for a pedometer app that results in a Class Top 5.
- Convincing enough people to ‘donate’ their steps to achieve the class goal.
ARE WE THERE YET?

How many steps does it take to walk the length of ACT? How many additional steps would be needed to make a detour?

IT WOULD TAKE 35 PEOPLE to walk the length of ACT in one day, if they each take the recommended 10,000 steps a day.

1,000m = 1km
0.76m = Average Step Length therefore
1,000m ÷ 0.76m = 1,316 Steps

THE SUMMIT IS 842M ABOVE SEA LEVEL

THE TOTAL LENGTH OF THIS AUSTRALIAN CAPITAL TERRITORY ROUTE IS 436,912 STEPS AND 332KM

IF EACH STUDENT TAKES 1,316 STEPS PER KM, THEY WILL TAKE 28,952 STEPS TO WALK 22KM.

1316 x 22 = 28,952

Try walking to school. Encourage your friends to walk together and count your steps along the way.

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