

NAME: _____

PEDOMETER DETECTIVES

PART 1 DIRECTIONS: Circle the activity you think will give you the most steps. Put a square around the activity you think will give you the least steps.

ACTIVITY: _____ NUMBER OF STEPS: _____

WALKING

SKIPPING

JOGGING

JUMPING ROPE

PLAYING CATCH

1. Which one gave you the most?

2. Which one gave you the least?

PART 2 DIRECTIONS: Over the next three classes you will play three different games. Circle the activity you think will give you the most steps. Put a square around the activity you think will give you the least steps.

ACTIVITY: _____ NUMBER OF STEPS: _____

KICKBALL

CAPTURE THE FLAG

SOCCER

1. Which one gave you the most?

2. Which one gave you the least?
