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
When
Where
Show
Who
Quote

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?

apply

Interpret
Connect
Question
Analyse
Classify
Translate

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.

produce

Measure
Model
Design
Persuade
Value
Give reasons

Challenge the class to walk the length of ACT in one day.

Explain that each student must find people willing to ‘donate’ steps to the class for one day.

Calculate how many people the class will need to succeed in their goal.

Set a challenge date and establish a class blog to share updates.

Use the Fact Sheet to work out details including the number of steps and total kms needed.

Use evite to create an invitation explaining the project (include the blog address) to participants.

Approach family and friends to ‘donate’ their daily steps to the class goal.

Track the total number of people who have confirmed they will donate to the class target.

Invite participants to use a pedometer app from the Class Top 5.

On the day load photographs of people’s pedometer counts as proof of steps taken.

Count steps taken and convert into kilometres track progress on a google map.

success criteria

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.

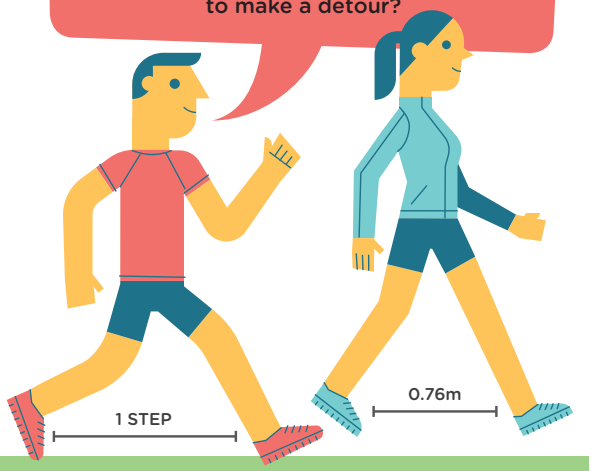
GENERAL CAPABILITIES	LEARNING AREAS	WORD BANK	KEY CONCEPTS
Numeracy	Health and Physical Education	Moderate	Conversion
Personal and Social Capability	Mathematics	Participant	Fair Test
ICT Capability		Accuracy	Daily Activity
		Calibrate	Formal Writing

NESTLÉ for HEALTHIER KIDS SCHOOL PROGRAM

AIS

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 = 1316 Steps

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

3,027 STEPS	0km	THISLDOO	
	2.3km		2.3km
5,922 STEPS	6.8km	NICHOLLS	4.5km
	18.9km	GIRALANG	5.3km
6,975 STEPS	28.9km	AIS	10km
	36.9km	MT AINSLIE	
9870 STEPS	57km		8km
		CANBERRA	
10,528 STEPS	79km		20km
		STROMLO	
	115km		22km
26,320 STEPS		TUGGERANONG	
			36km
28,952 STEPS		KOWEN FOREST	
47,376 STEPS			188 km
247,408 STEPS	303km	GLENFERRIE	29km
	332km	NAMADGI NATIONAL PARK	

If each student takes 1,316 steps per km, they will take 28,952 steps to walk 22km.

1316 x 22 = 28,952

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