

Using Step Trackers in Elementary Schools – Tips

We are in R & D!

We want to help ourselves figure out not only how much we move, but how we feel in each of the zones! We are actively ‘researching’ how activities help us get into different zones, then ‘developing’ ways to monitor and adjust to the different zones.

Labeling

Find a way that fits with your environment! Labels, paint markers, etc...

Storage

Pocket chart, plastic bin labeled

Step Tracker #s for students

Check with classroom teachers to see if they assign class #s, then copy those #s when assigning the step trackers to students. Students will forget their numbers, so it's good to have either a hard copy list, or a projected one on the wall. This will help at the end of class if step trackers are missing you know who's it is! (I have one student in each class as my “Tracker” to make sure all are returned)

Ease of picking up – dropping off

Students will get faster at getting their step trackers at the start of class the more you use them! At the end of class, you can dismiss students a variety of ways (boys, girls, even #s, odd #s, cold lunch, etc...).

Practice putting the trackers on!

- “Boat”, with Velcro shoes...can put strap between the “boat”. If they have no-tie shoes, if the student has socks on, you can have them put the step trackers in their sock.
- “Case” – goes on the laces. Pull them back off, not ‘up’ ...it end up opening up the clip portion
- “Velcro” – Attach Velcro to the step trackers for another easy on & off method

Read the “Big Board”

- K-1s – Display their name, not the unit #. Easier to find their square!
- Gr 2-6 – Display unit #s
- Talk about colors:
 - Blue = ‘chilling out’, not doing too much
 - Yellow = ‘golden’, right where you want to be...working harder
 - Red = ‘on fire’, your face is getting red because you’re working hard!
- Other features in their square:
 - Points, Step Count, Distance, Pace

During directions...

Students will want to wiggle their feet during directions to keep their square from going blue (or black). If students want to keep gaining points, they need to be moving BOTH feet (walking in place), but not so I can hear their feet moving.

Setting Point Goals

- Depending on the gr level...set goals that are challenging yet attainable!
- After a few lessons, you will be able to get a better handle on what is a goal that is suitable for the age and activity.

Show it off! PE isn't what it used to be!

- Invite teachers in to see the big board! Have a staff meeting where you meet in the gym to show how PE has changed!
- Incorporate math/reading/etc into your sending message (talk about the bar graphs, step count, probability, etc...)
- Have it going on back to school night!
- Have an activity night with parents wearing the step trackers!
- Set it up at a STEM night! Have students explain the colors to parents!
- Others

Step Trackers WILL change the way you teach!

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