



Pedometers in P.E. Class

Our school collects physical activity (PA) data using pedometers. Pedometers accurately monitor the amount of activity students exhibit while in class based on their effort. We collect activity data in our 4th grade Physical Education classes. The data report provided will give specific information pertaining to your child's recorded activity levels during each trimester. We will use this information for goal setting purposes, increase personal responsibility for exercise efforts, and for grading purposes. Below is the criteria that we will use in evaluating how much MVPA (moderate vigorous physical activity) time the students are doing in Physical Education class. The students are aware of this criteria and will set their goals accordingly.

20 minutes and higher:

HIGHLY ACTIVE = OUTSTANDING

12:00-19:59 minutes:

ACTIVE = SATISFACTORY

11:59 MINUTES OR LESS:

NOT VERY ACTIVE = NEEDS IMPROVEMENT

If you have any questions or concerns please contact:

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