

Step counting week

Better by...



About this activity

Suitable for all schools. Supports the Maths, PE and PSHE and Citizenship National Curriculum.

Organise a step counting week in your school to raise your pupils' awareness of how much exercise they're getting each day.

Ask your pupils to count how many steps they take on their way to school and record the results on a wall chart each day. At the end of the week the pupil who's taken the most steps receives a prize or certificate. You could do this across several classes competing for the most steps.

Throughout the week discuss with your class ways they can increase the number of steps they take. For example, they could get off the bus a stop or two early, or ask their parents to drop them off a five- or ten-minute walk from school instead of at the gate.

For younger pupils or those with SEND needs, you could adapt this activity to be based within the school grounds and map the distance wheeled or walked around the school each day.

Does your school have any funding to purchase pedometers, speak to your head teacher or PTA.

What you'll need

- Something for counting steps. This could be a mobile phone, a step counter or pupils can count their steps themselves!
- A wall chart to record pupils' steps each day.
- Prizes/certificates for the winners.

How to evidence your activity

- Involve your borough officer: Share your ideas, agree your targets and discuss any challenges you face.
- Record the feedback from your pupils.
- Add your story to the Modeshift STARS website. Explain the activity, add photos and include pupils' feedback. Also include any posters/letters/promotional materials you produced to promote the activity.

How it helps

This activity counts towards travel activity.

- Supports the Maths, PE, PSHE and Citizenship National Curriculum.



Activity steps

- 1. Plan**

Set up a team or work with your ATA - Active Travel Ambassador and school travel working group to plan the week. Decide how you will ask pupils to count and record their steps.
- 2. Promote the week**

Let pupils and parents/carers know about the week in the newsletter, on the website, in assemblies and on posters.
- 3. Step up to the challenge**

Encourage students to count steps and record on the planner each morning, and remind them to note interesting spots on route such as landmarks, transport, wildlife.
- 4. Steps win prizes**

At the end of the week calculate who has taken the most steps and celebrate their achievement. Reward bonus prizes to those who recorded the most interesting sight on their journey.
- 5. Check for success**

Ask your pupils how they found the activity. What key messages did they take away/ made them think and what did they find useful/enjoy?
- 6. Tell your story**

Sign in to Modeshift STARS to add your story and include pupils' feedback. Explain the activity and add photos. Feedback to your borough officer.

This activity can count towards your Modeshift

STARS accreditation: Travel activity - C16-C18

Supporting: Promotion PR1, PR7

Curriculum CU1, CU8, Partnership P3

