

North Park Physical Education  
 3<sup>rd</sup> Grade Pedometer Project  
 Mrs. Scattergood's Class



Name: Courtney #8

**Question:** *How many steps will I walk during the school day?*

What is my prediction? 3,000 steps

When?	Day 1 Date: <u>4/21</u> How many steps?	Day 2 Date: <u>4/22</u> How many steps?
Before Recess	1216	1,148
After Lunch	2,424	2,725
End of the day	2,963	3,175

Day 1 Total Steps	Day 2 Total Steps
2,963	3,175

List your activities:

Day 1	Day 2
P.E	Assembly
swing	swing
recess	recess
walk	walks
run outside	

**Final Questions:** Circle your answer for questions #1-3.

1. Was your prediction more or less than your total steps?  
 MORE       LESS
2. Did you move more or less than you thought you would?  
 MORE       LESS
3. Which day did you walk more steps?  
Day 1       Day 2
4. Why is exercise good for you?

Exercise is good for you because \_\_\_\_\_

it can help other people like \_\_\_\_\_

(JBFH), \_\_\_\_\_

\_\_\_\_\_

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Name: Jasmine

**Question:** *How many steps will I walk during the school day?*

What is my prediction? 3,000 steps

When?	Day 1 Date: <u>4/21</u> How many steps?	Day 2 Date: <u>4/22</u> How many steps?
Before Recess	<u>1,373</u>	<u>1,334</u>
After Lunch	<u>3,782</u>	<u>4,028</u>
End of the day	<u>4,420</u>	<u>5,317</u>

Day 1 Total Steps	Day 2 Total Steps
<u>4,420</u>	<u>5,317</u>

List your activities:

Day 1	Day 2
recess freeze tag	Assembly
PE	recess tag
lunch	lunch
walk to bus	

**Final Questions:** Circle your answer for questions #1-3.

1. Was your prediction more or less than your total steps?  
 MORE       LESS
2. Did you move more or less than you thought you would?  
 MORE       LESS
3. Which day did you walk more steps?  
Day 1       Day 2
4. Why is exercise good for you?

Exercise is good  
for you because you  
get vitamins from the  
sun, when you play outside.

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Name: Noah-----

**Question:** *How many steps will I walk during the school day?*

↓ What is my prediction? 4,000 steps

When?	Day 1 Date: <u>4/21</u> How many steps?	Day 2 Date: <u>4/22</u> How many steps?
Before Recess	<u>1,250</u>	<u>886</u>
After Lunch	<u>3,583</u>	<u>3,171</u>
End of the day	<u>3,875</u>	<u>3,504</u>

Day 1 Total Steps	Day 2 Total Steps
<u>3,875</u>	<u>3,504</u>

List your activities:

Day 1	Day 2
P.E	Assembly
basketball	basketball
walking to the cafeteria	walking to special

**Final Questions:** Circle your answer for questions #1-3.

1. Was your prediction more or less than your total steps?  
MORE      LESS
2. Did you move more or less than you thought you would?  
MORE      LESS
3. Which day did you walk more steps?  
Day 1      Day 2

4. Why is exercise good for you?

Exercise is good for you because it keeps you and your heart healthy.