



## WE COUNT Pedometer Program

### Program Overview

With childhood obesity at a crisis state in the US and around the world, pedometers can serve as an important tool in measuring physical activity levels among youth. Pedometers easily measure how much a child is moving and these “lifestyle steps” can be enough to keep a child in a healthy weight zone. Additionally, pedometers help to make students, teachers and parents aware of activity targets and students progress toward those targets.

In setting up a walking/pedometer program the following guidelines are recommended:

- \* Awareness Session-Explain the benefit to a walking program
- \* Flexible Walking Schedule (Home, before school, recess, after school)
- \* Individual Goal Setting w/step targets (\*long and short term goals)
- \* Regular follow up contact with program coordinator (teacher) regarding monitoring weekly goals
- \* Minimal expense and training requirements (single function pedometers)
- \* 8 week program (4 weeks goal setting, 4 week self monitoring with consulting support available from coordinator/teacher)

(President’s Council on Physical Fitness and Sports Research Digest June 2002)

WE COUNT Program is.....	WE COUNT Curriculum....
Research based	Nutrition Education
Kid tested	Physical Activity Education
Easy to implement	8 weekly lessons
Physical Activity Intervention	16 weeks maintenance

NASPE Curriculum Standards  
Moving into the Future:  
National Standards for Physical Education, 2nd Edition (2004)

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

National Health Education Standards – 2007

The National Health Education Standards (NHES) are the framework for health instruction in schools. The NHES were designed to support schools in meeting the essential goal of enabling students to acquire the knowledge and skills needed to promote personal, family and community health. The eight standard statements enable education professionals to align health education curriculum, instruction and assessment practices. Following are the eight standards:

Standard 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:**

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:**

Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:**

Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:**

Students will demonstrate the ability to advocate for personal, family, and community health.

**We Count Activities Alignment to  
NASPE Standards & National Health Standards Chart**

<b>Lessons</b>	<b>Objectives</b>	<b>PE Standards</b>	<b>National HEALTH Standards</b>
Walking Basics	Determine Baseline to set personal goal, proper walking form, shoes, & FITT	1,2,3,4,5,6	1,5,6,7,8
Portion Sizes	Bigger is NOT Better		2,3,4,5,8
Physical Activity vs Calories	Understanding calories and the amount of exercise to “burn off” calories	1,3,4,5,6	1,3,5,7,8
How Many Steps?	Track Weekly Progress	1,2,3,4,5,6	6
Good Nutrition	Making good food choices		1,2,3,4,5,7,8

Benefits of Physical Activity	Self-Esteem, Weight Control, Increased Energy, Better Focus	1,2,3,4,5,6	1,2,3,4,5,6,7,8
Dietary Guidelines	Food Pyramid & Recommended Healthy Choices		1,2,3,4,5,7,8
Eat Smart. Play Hard	Healthy Lifestyle: Be Active and make healthy food choices	6	1,2,3,4,5,6,7,8

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