

The Middle School PE program has started wearing pedometers this year. These pedometers calculate how many steps a student takes during their class time. It will also measure how many minutes students are active and how many minutes of moderate to vigorous physical activity they are getting during class.

This information is printed out and shared with parents at conferences. This allows parents to see how active their child is during their Physical Education class.



The students at the Middle School started wearing the pedometers in September. In term 1 the students totaled 8,576,514 steps. The students got in 3,573.5 miles (average of 2,400 steps to a mile) during 1st term. The 2nd term students totaled 11,011,334 steps for 4,588.1 miles.