

Variety of Games and Activities Using Pedometers

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(All games and activities begin with each participant having a pedometer reset to 0000 and clipped to the waist)

Tag Games:

Pedometer Tag (Gilbert): One person is “it” and attempts to tag another person. However, in order for the “tagged” person to become the next “it”, their score on the pedometer has to be lower than the current “it” person’s score.

Object of the game: there are two ways of not becoming “it.” Avoid being tagged or have a very high score on the pedometer. It is recommended that a new “it” be chosen within one minute. Hint: pick someone with a high pedometer score.

Partner Tag: Have one partner run off with a 3 seconds head start, then have the second partner try and tag the first partner. If tagged, both check their pedometer score. If second partner’s score is higher, then the first partner is now “it”. But if first partner’s score is higher, then second partner have to give another 3 seconds escape time to first partner and attempt to capture him/her again.

Eliza Partner Tag: With a partner in hooked elbows, attempt to chase down another pair by tagging them. Then pedometers scores are compared. The pair with the lowest differential wins one point. Game continues for 3 minutes. The team with the most points wins.

The Red Baron (Max): Each student is a WWI pilot trying to become an “ACE” by catching up to another pilot from behind, tagging them, and then comparing pedometer scores. The pilot who has a higher score gets the “kill” but both pilots resume in the game. The same person cannot be shot down by the same pilot twice. At the end of 5 minutes, the pilot with 5 kills is an Ace, 10 kills equals a double Ace.

Battleship (Jack): have students stand in lines of either one (row boat), two (PT boat, three (cruiser), or four (battleship). Students must be connected somehow. The person in the front is the Captain and steers the ship. When the Captain tags anyone of another ship, all players concerned declare their pedometer score. The highest scores from each ship are compared, and the winner captures the high score person from the other ship. No one resets there pedometers until the game is over. (5 = Air Craft Carrier, 6 = Super Carrier, 7 = Love Boat). The object to winning at the end is to have the largest ship.

Garrett Freeze Tag: One person is all time “it” and attempts to tag everyone else. If tagged, player has to stand in place in continue doing the Francesca. However, if another player that has not been tagged comes to close, the frozen person can tag that person and then become free. Game ends when all players are frozen, and the winner is the person with the highest pedometer score.

Dance games:

Hula Dance Off: Each participant wears two pedometers, and then dances to the “Hula” for one minute. The challenge is to have the same score on each pedometer afterwards.

Freeze Dance: All participants dance when music plays, and freezes when music stops. The “Judge” (usually the instructor) plays and stops music, and will rule on who failed to stop their movement with the music. The consequence for not stopping is the participant(s) have to stand next to the judge for 10 seconds without moving. The winner of this game is the person with the highest step count.

Dance Party: A secret number is written down as the winning step count before the game. Participants then dance to a song played, noting that the winning number is relatively high, and will require considerable movement. The winner is the participant with their pedometer step count matching or is the closest to the secret number. Note: This game removes the competitive aspect where the fastest wins, and allows all who actively engaged in the game a fair chance of winning.

Step Count Control Games:

10, 20, 30, 40, 50 or More: Students all line up shoulder to shoulder, then attempts to bounce in place exactly ten times to get a pedometer score of 10. If successful, they move up to the next line without resetting their pedometer and bounce ten more times to reach an exact score of 20. This continues until someone reaches the 50 line. A player may only check once in each line. If any score other than the goal is obtained, the player must go back to the first line, reset their pedometer, and try again.

Simon Says: Simon will say a random (low) number, and everyone will step and try to get to that exact number, if successful, they get one point. Without resetting the pedometer, Simon will then say a higher number next, and everyone will then try to step and reach that number. If successful, they will get another point. Participants for the first few numbers will only get one chance to check to see if they reached the stated number. The next few numbers are large, and with a time limit. Participants will get to check as often as they wish, but must reach the exact number before time expires. The winner is the one with the most points.

Conductor (Sabrina): Have one person (the conductor) stand in front of the group holding a pedometer. All other participants have their pedometers on their hips. The conductor will then bounce the hand held pedometer up and down to some musical beat while the other participants attempt to bounce along. The challenge is to match the score on the conductor’s pedometer after the music stops.

Bouncing and Shaking Games:

Cindy Lederer: Have each participant stand on one leg and bounce and shake their body up and down the whole time. The person with the highest pedometer score “wins.”

Francesca: Have each participant attempt to bounce and shake their body up and down with both feet touching the ground the whole time. The person with the highest pedometer score “wins.”

Desiree: Have each participant attempt to bounce and shake their body up and down with both feet and hands touching the ground the whole time. The person with the highest pedometer score “wins.”

Nick: Same as Desiree’s game, but in crab walk position.

Elias: Lay flat on your back, shake and wiggle for ten seconds. Person with highest score wins.

Shake a Leg: Clip pedometer onto the shoe, while balancing on one leg, shake the pedometer foot as fast as possible. The highest score wins.

Partner and Small Group Games:

Guess My Score: Have partners on the command “Go”, begin moving in place. The challenge is to be able to count the number of steps of your partner and then accurately guess their score when directed to “stop.” The winner is the person that comes closest to getting their partner’s score correct.

Who’s the Fastest/Slowest?: In groups of 4 or more, have one person stand in the middle with the other group members forming a small circle around this person. On command “Go”, the members on the circle will begin moving. The challenge is for the person in the middle to watch each person moving, and then pick out the person with the highest score after command “stop” is given. The same challenge can be done but the middle person picks out the person with the lowest pedometer score.

Synchronized Partner Jump: With a partner or in small groups of 3-4, all will jump in sync together for one minute. Check to see if you can match your partner’s score. Object of activity: It allows participants to check their pedometer to insure it is in good working order.

Drill Team: Have 10-12 students led by a drill sergeant. The sergeant barks the command: “ready...march...left, left, left, right left” and repeats cadence. Objective is to have the entire group register the same pedometer score after one minute of marching.

Follow the Leader: In small groups of 4-5 people, select one to be the leader. The leader moves and the other members of the group attempt to mimic the leader’s movements. After one minute, have everyone check their pedometer’s scores. The person who has the closest score to the leader’s score becomes the next leader.

Precaution; Make sure no leader does any dangerous or difficult to follow movements. Alternative: Have each leader lead a line dance or do the “Bunny Hop”, or the “Hokie Pokie” Dance.

Math Test: Two partners both hop for ten seconds then both show score to each other. If they can add the two scores together and verbalize it correctly within 3 seconds, then both players win. The game continues with a new partner. The winner is the person with the most “wins” after 2 minutes.

Alternative: Subtract smaller score from bigger score for winning results.

Large Group Games:

Weakest Link (Hannah): Organize groups of 5-6 participants. Number each group #1 – what-ever number of groups that exist. On the command “Go”, each participant attempt to rapidly step in place to achieve the highest score within their group. The person with the highest score moves to the next group that has a lower number. The challenge is to eventually get into and stay in group #1. The person with the lowest score in group #1 is expelled to the group with the highest number to begin over.

The 30’ Dash: Line all runners along a starting line. All runners have 10 seconds to jiggle, bounce and hop over the finish line that is 30’ away. The winner is the person who can cross the line within the time limit and who has the highest score.

Alternative: Same race, except the winner is the runner with the lowest score.

Track Meet: 125 steps equates to 100 yards. Have each participant move on the command “Go” in an attempt to be the first to attain the needed 125 steps. The first person that raises their hand and can confirm they have at least a score of 125 is the winner.

Mile Race: 2000 steps on a pedometer equal one mile. Have participants jog, hop, or skip in a small general area; the first to a score of 2000 wins the race.

Relay Mile Race: In groups of four (or less), one pedometer is used and passed after first person is fatigued, and first team to reach 2000 wins the race.

Alternative: 800m race would be 1000 steps; 400m race would be 500 steps, 100m dash would be 125 steps.

Red Light, Green Light, One Two Three!

One person is designated as the “Caller” and positioned at the center of the basketball baseline. All other participants assemble behind the opposite baseline. When the “Caller” shouts “Green Light” all participants move forward closer to the baseline the Caller is standing on. All must stop on the command “Red Light.” The “Caller” moves in place as well as all the participants. After the command “Red Light” the Caller checks his/her own pedometer score and shouts it out. Any participant with a lower score has to return to the starting line. The pedometers are not reset. Objective is to be one of the first three to reach the baseline of the “caller”. However, the first two people after crossing the finish line may not move anymore. The highest score of the first three that crosses will become the next “Caller”.

Knock Out Basketball (Kobe): Play regular basketball Knock Out game, but with all participants wearing a pedometer. After 4 players have been knocked out, all stop to check pedometers scores. The lowest score from the players still “in” is declared, and those players that are “out” but have a higher score may replace that player and get back into the game. The same process is repeated after every 4 players being

eliminated. There are two potential winners in the end, the person who actually wins the game of knock out, and the person with the highest pedometer score; it may even be the same person.

4 Squares: Play 4 square as normal, but when a player is eliminated, the pedometer score of the player who got him/her out must be higher than the score of the player that's out, if not, then the person with the lowest score of the other three playing is out. Note: Strategically, the person with the lowest score need to be aggressive in trying to knock someone out, this way, they're safe from elimination.

The following activities require the pedometers to be set to the Activity Clock mode:

Just a Minute: Have all participants engage in any type of moderate to vigorous activities for one perceived minute. Participants may only check their pedometers once. When they think one minute has elapsed, they should stop. The person that stops exactly at one minute or is the closest to it is the winner.