Musical Pedometer

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Circle of chairs (musical chairs)

**EQUIPMENT:** Pedometer for each participant; music and music player

**RULES/DIRECTIONS:**
1. Set up chairs for musical chairs—in a circle. Assign a non-participant to stop the music when teacher removes a chair.
2. Instruct participants to wear pedometer on hip and set the tally to 0.
3. Participants march around the chair circle while the music plays; teacher removes one chair and when the music stops, everyone sits. The participant left standing then marches to the side. The music resumes and the cycle repeats until there is only one participant left in the game (the winner).
4. Suggested movements:
   - Walk
   - Jump
   - Skip
   - Hop
   - Step-together-step-, alternating starting foot (left, right)
   - Gallop
5. Check pedometer each time the music stops to compare the number of steps each type of movement generates.
6. Adjust the level of activity to your group.

**VARIATION:** If you only have one pedometer, you can pass the pedometer to a new person each time the music stops; compare movements and how they’re recorded in steps on the pedometer.

**NUTRITION NOTE:** Use with lesson on physical activity and cardiovascular exercise.