



# Schools on the Move

Pedometers in Schools Project

## Frequently Asked Questions

### **We only have access to the computer suite once every 4 weeks, how can pupils log their steps?**

Pupils will have their own unique username and password which will give them independent access to the site via the internet at any time. If pupils have internet access at home they will be able to login and enter their steps more frequently.

For those who don't have access, SOTM have provided pupils with a downloadable step log which can be used to keep a written record of daily steps and additional activity so that this can be used as a prompt when pupils can access the website.

In addition, you may want to explore the possibility of giving priority access to those taking part in the project, for example, before school, during lunchtimes or after school particularly as it is the pupil's step entries which will drive the challenges and generation of targets.

### **What happens if a pupil loses a their pedometer, do they get a replacement?**

SOTM has a limited supply of pedometers for this project, any spares will already have been distributed equally between the partnerships therefore you may want to consider independently sourcing some reserves e.g. from a health budget or school fund.

The best way to prevent loss and damage is to increase the pedometer's value by rewarding those who look after them, however, schools may think about the possibility of imposing sanctions for loss and damage or ask parents to sign an agreement to replace any lost pedometers.

### **Do pupils have to take the pedometers home with them?**

The SOTM project is reliant on pupils being able to take pedometers home with them. Although SOTM is initiated within school, the project encourages pupils to be more active both inside and outside of school.





# Schools on the Move

## Pedometers in Schools Project

As such, the material contained on the website has been designed to reflect this in order to encourage pupils to become independent exercisers. This is particularly important as research has shown that up to 60% of young people's daily steps are accumulated outside of school.

### **We are going to get a teaching assistant to enter our pupil's steps, is this ok?**

In order to benefit fully from using the website, the pupils themselves will need to regularly access the site and log their steps each week. Once pupils have been introduced to the website and are familiar with the step entry process, they will only need to spend a few minutes, once a week, on entering their steps.

If your pupils are finding it difficult to access the internet, asking a teaching assistant or technician to enter step data is a viable solution. However, pupils will not then benefit from the personalised feedback and interaction which is provided once they have entered their steps.

### **What happens if a pupil is off sick and can't enter their steps?**

As well as being able to log their steps directly on to the website, you can download a step log for pupils to insert into their weekly planners and use during the week to keep track of their progress until they access a computer to input their steps.

Alternatively, as teachers, you have the ability to modify a pupil's score by accessing the 'pupil administration' area of the website and entering an average score for that individual either by using the form's average for that week or by calculating the average for the individual's last 7 entries.

### **What happens if a pupil loses their password, will they still be able to use the site?**

Each pupil will need to be registered to access the pupil's area of the website, log their steps, track their progress and take part in the SOTM challenges. Once registered, they will receive a unique password, which they will have the option to change. Teachers will be able to access a list of all the pupil's passwords in case any details are lost or forgotten.





# Schools on the Move

## Pedometers in Schools Project

### Do we always have to go outside to do one of the lesson ideas?

The lesson ideas have been designed to reinforce the key messages that the project is aiming to promote and are provided to offer you an alternative way to deliver the curriculum and make lessons more fun. Whilst they are pedometer focussed, not all the lesson ideas require pedometers to be worn and only a few (mainly P.E) suggest going outside to do the activity.

