

NEWS RELEASE

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Pedometers Get MMS 6th Graders Moving



Pictured Left to Right: Manteo Middle School (MMS) students David Scarberry, Andrew Havemann, Luciano Zottoli, and Cain Peele are now tracking the number of steps taken during PE class, thanks to a 21st Century Skills Grant from the Dare Education Foundation.

The Dare Education Foundation recently awarded a 21st Century Skills Grant to MMS PE teacher Danny Harbert to purchase pedometers. The goal of the project is to motivate students to move more using technology.

It's no secret that the more time students spend using technologies such as personal computers and video games, the less physically active they are. Regardless, technology can become a solution to the ever growing problem of inactivity and childhood obesity.

That's exactly what Mr. Harbert intended when planning the use of pedometers during PE class.

“Two important 21st Century Skill areas are technology and healthy living. This project combines the two. I am using the technology of the pedometers to encourage students to be more active,” said Mr. Harbert. “The students get dressed more quickly on days we are using the pedometers. During one PE class, most students will achieve at least 2000 steps.”

Mr. Harbert is also encouraging students to stay physically and mentally active outside of PE class. “A part of each lesson is to remind students that a healthy goal is to achieve 10,000 steps daily and that exercising their body will help them focus on academic work.”

For more information about the Dare Education Foundation and the 21st Century Skills Grant Program, visit dareeducationfoundation.org or call 255-5545.

The Dare Education Foundation (DEF) is an IRS-qualified non-profit organization that works in partnership with Dare County Schools to promote excellence in education. DEF believes that the best education possible for every student provides a solid foundation for a strong and vibrant quality of life in Dare County. In order to achieve this, DEF partners with the community and raises funds from private donations large and small, grants, sponsorships, and special events. DEF's collaborative efforts enrich education for all students and encourage community involvement in education.