

# How much energy do you use?

Family Activity

reach

**Switch on the pedometer.**

**Measure and record how many steps you walk in the next hour.**

How many steps have you taken in the last hour?

How far have you walked in kilometres (km)?

How did you work this out?

At what speed did you walk on average over the hour (in kilometres per hour – kmph)?

How did you calculate this?

How much do you weigh in kilograms (kg)?

How do you know?



**Use your measurements, calculations and the table below to work out how many calories you have burned in the hour you walked.**

Calories burned per kilometre by walking

Speed in kmph	Your weight (actually your mass!) in kg									
	45	54	64	68	73	82	91	100	113	125
3.2	57	68	80	85.5	91	102	114	125	142	156
4.8	53	64	74	79.5	85	95	106	117	133	146
6.4	57	68	80	85.5	91	102	114	125	142	156
8.0	73	87	102	109	116	131	145	160	182	200

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How many calories did you burn in the hour?

How did you work that out?

How many calories would you burn if you walked like that for 8 hours?

How did you work that out?

How would you work out how many calories you burned in a day?

