ERASMUS+
DIRECTORS

Workshop 3 – Data Sources
Session 1: From Our Bodies to Sensor Technologies

Two simple experiments you can try before our next session... **Choose AT LEAST ONE!**

Experiment 1: **WALKING WITH A MOBILE PHONE OR SMARTWATCH**

1) Choose a route to walk: from home to school, around the park...
2) **Count your steps in one direction, then in the opposite direction.**
3) Write down the numbers.
   Number of steps in one direction: _____
   Number of steps in the opposite direction: _____
4) Is there a difference between the two numbers? Why do you think this happened?
   _____

5) If you have a **mobile phone** or a **fitness tracker**,
   also write down the number of steps these devices counted.
   Steps counted by the device (one direction): _____
   Steps counted by the device (opposite direction):: _____
6) Are these numbers higher or lower than your manual count? _____
   Why do you think that is so? _____
7) Would there be a difference if your hand was on a handle or steering wheel
   (e.g. riding a balance bike, pushing a pram or a shopping trolley)?
   _____
8) Do you have any additional comments?
   Did anything unusual happen during your measurements?
   _____

Experiment 2: **CYCLING WITH A MOBILE PHONE**

1) **Choose a route for your bike ride**: from home to school, around the park...
2) Measure **how many "steps"** your **mobile phone recorded** during this journey.
   If you can, for one trip keep the phone in your pocket,
   and for the other, in your bag.
3) Write down the numbers.
   Number of "steps" recorded during the bike ride in one direction: _____
   My phone was in: _____

   Number of "steps" recorded during the bike ride in the opposite direction: _____
   My phone was in: _____
4) Is there a difference between these numbers? Why do you think this happened?
   _____
5) Do you have any additional comments?
   Did anything unusual happen during your measurements?
   _____

SEE YOU SOON – BRING YOUR FILLED SHEET BACK TO US!