



Activity Plan

TITLE: Logging Heart Rates

CURRICULAR AREA(S): Math/Health/Science

KEY SKILL(S) and CONCEPT(S): Monitoring and graphing heart rates

SUGGESTED GRADE LEVEL (S): 5-8

OBJECTIVE(S): Students will be able to:

- Effectively use heart rate monitors to accurately collect heart rate data from each activity session.
- Retrieve, log, and track heart rate monitor data.
- Demonstrate knowledge and understanding of heart rate during physical activity.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

MATERIALS NEEDED: Distance log, graph template (provided), heart rate sticks or monitors (optional)

DESCRIPTION: Students will run a designated distance. Following their run, students graph their recovery heart rate. * Distance of each run is predetermined by child or instructor based on the child's ultimate goal. Use a distance log to record runs. Recovery heart rate can be recorded on a separate sheet of paper or on the graph template provided. The number of runs should be determined by the instructor.

***Recovery heart rate** is the heart rate that your body will decrease to after an exercise session. Usually measured two - three minutes after exercise or activity bout and measured for a one minute period.

VARIATIONS AND/OR EXTENSIONS:

- Introduce target heart rate zones* and have students graph accordingly.
- Introduce the parts of the heart and the paths of blood as it flows through the body.
- Introduce the benefits of cardiovascular exercise.

***Target heart rate zone** is the heart rate specified for an exercise or activity bout. Target heart rate zone represents the range of the heart rate during activity from low to high.