



Activity Plan

TITLE: Journey Across the United States

CURRICULAR AREA(S): Geography/History/Math

KEY SKILL(S) and CONCEPT(S): Calculating distances within states, map reading skills

SUGGESTED GRADE LEVEL(S): 5-8

OBJECTIVE(S): Students will be able to:

- Demonstrate use of pedometers to log mileage during PE class or before/during/after school programs.
- Identify key places on a map and investigate points of interest along their route.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

MATERIALS NEEDED: Pedometers, map(s) of U.S. states

DESCRIPTION:

Students will pick a national landmark in their home state or any U.S. state. Using their pedometers, students should monitor distances run during physical education class, before and/or after school or during recess. Have students add distances and track progress on their state map(s) as they travel toward their selected national landmark. Starting point for monitoring distance will be the school. Progress can be added and recorded daily or weekly.

TEACHING SUGGESTIONS/TIPS:

- Predetermine and discuss with students how distances will be recorded (daily or weekly) and who will keep daily or weekly records (teacher or students).
- Use the PECentral LogIt feature at <http://www.peclogit.org/logit.asp> to record and track student progress.

VARIATIONS AND/OR EXTENSIONS:

- Have students work in small groups to reach landmarks of greater distance from the school.
- Select a landmark(s) for students based on current social studies, history or geography curriculum (Oregon Trail, Lewis and Clarke trail, etc.).
- Have students research the state or national landmark they are traveling to and turn in a short research paper.

My Running Journal

Today's date: _____

Day of the week (circle): Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weather (circle):



Other _____

Today's goal: _____

My workout today was: _____

Who I ran with today: _____

How I felt today: _____

On your mark, get set, give them a healthy start.



My Running Journal

Today's date: _____

Day of the week (circle): Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weather (circle):



Other _____

Today's goal: _____

My workout today was: _____

Who I ran with today: _____

How I felt today: _____

On your mark, get set, give them a healthy start.





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.

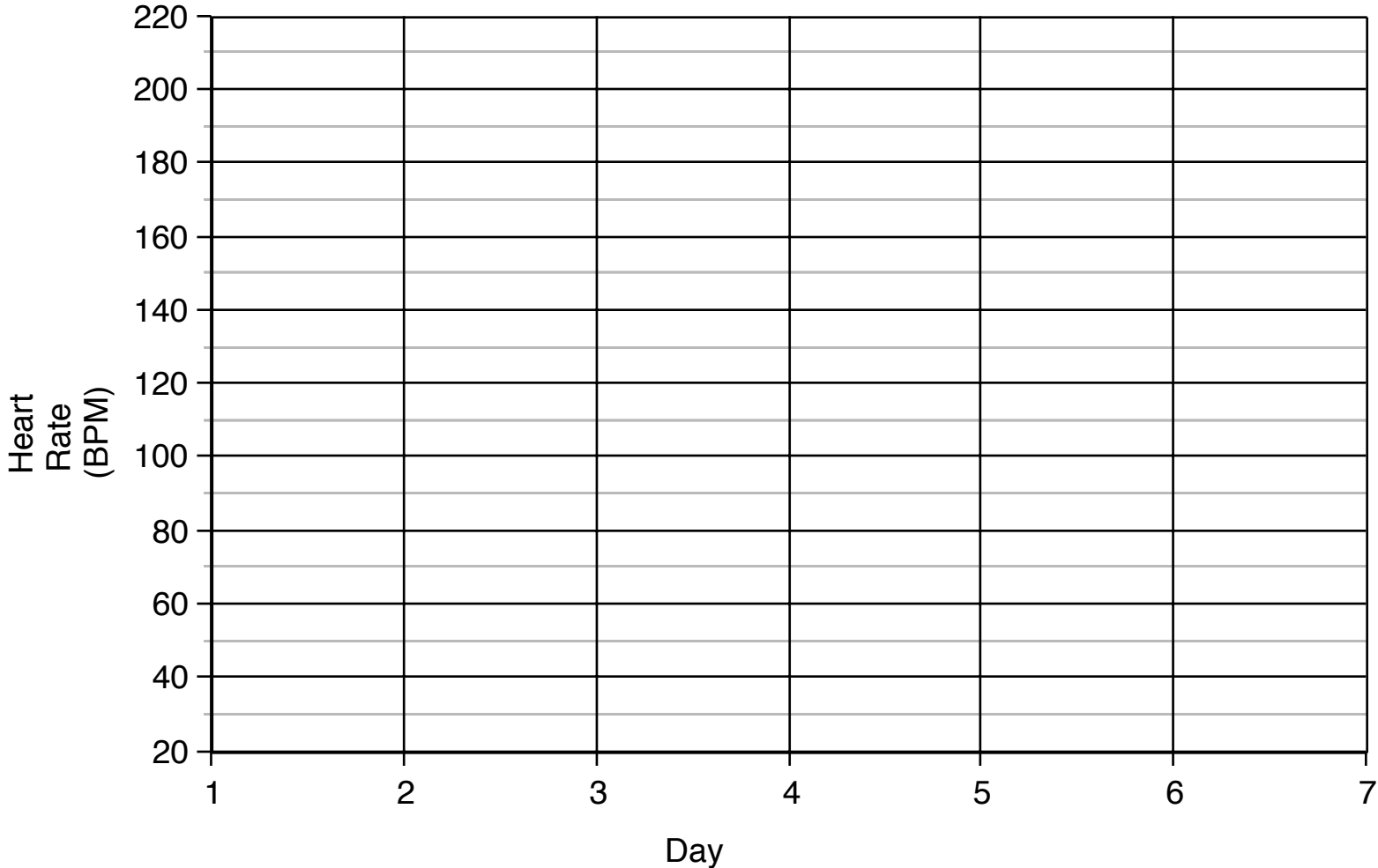
***Recovery heart rate** is the heart rate that your body will decrease to after an exercise session. Usually measured two - three minutes after exercise or activity bout and measured for a one minute period.

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.

Graphing Recovery Heart Rate



NASPE/ING Run For Something Better Heart Rate Activity Plan
(www.naspeinfo.org/run)