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.