

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Understanding Heart Rate Lesson for Life Long Cardiovascular Health	
<b>Submitted by</b>	Jason Theodosiou, 2016 JRFH/HFH Grant Recipient
<b>National Standard(s)</b>	PE: Standard 3- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
<b>Grade Level Outcome or Performance Indicator</b>	Participates in a variety of strength and endurance-fitness activities such as weight or resistance training. (S3.M4.7)
<b>Activity Objective</b>	<p>Psychomotor: Students will exercise to keep their heart rate in the required zone for the required amount of time: 100 bpm (Grey) 2 min, 120 bpm (Blue) 2 min, 140 bpm (Green) 2 min, 160 bpm (Orange) 2 min, 180 bpm (Red) 30 sec</p> <p>Cognitive: Students will be able to show knowledge that physical activity can improve their cardiovascular fitness by maintaining their heart rate in the required zones.</p> <p>Affective: Students will show respect for their self and others by encouraging their peers to keep going and to push themselves for the entire activity.</p>
<b>Grade(s)</b>	7
<b>Materials</b>	Understanding heart rate lesson worksheets. Heart rate monitors, exercise equipment (jump ropes, ladders, 3 and 5 pound weights, exercise cards with pictures)
Activity Description	
<p><b>Introductory Activities:</b> Students are put through a short warm-up and stretching routine before going through the circuit training activity while wearing heart rate monitors. Students are then showed the circuit training routines that they will do while wearing the heart rate monitors.</p> <p><b>Lesson Focus:</b> The focus of this lesson is for students to have a better understanding how hard they need to work to get their heart rate at certain levels. Students will also have a better understanding what are the benefits of each level and what are safety concerns when working out. This student knowledge about “heart health” will be applied to future PE classes even when students are not wearing a heart rate monitor.</p> <p><b>Conclusion/Assessment:</b> Completing the understanding Heart Rate work sheets checks students’ understanding. This is an ongoing lesson that we be revisited later in the year to check for student improvement.</p>	

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

**Understanding Heart Rate- Lesson 1**

Name: \_\_\_\_\_  
HR: \_\_\_\_\_

1. Check the box when you have completed the following

- Keep your heart rate at 100 bpm (Grey) for 2 minutes
- Keep your heart rate at 120 bpm (Blue) for 2 minutes
- Keep your heart rate at 140 bpm (Green) for 2 minutes
- Keep your heart rate at 160 bpm (Orange) for 2 minute
- Try to raise your heart rate past 180 bpm (Red) for 30 seconds

At what point did you begin to breathe harder? \_\_\_\_\_  
 At what point did you begin to sweat? \_\_\_\_\_  
 At what point did you begin to feel tired? \_\_\_\_\_  
 At what point did you sweat hard? \_\_\_\_\_

2. Record your heart rate after completing each station

1- _____	<input type="text"/>	2- _____	<input type="text"/>	3- _____	<input type="text"/>
4- _____	<input type="text"/>	5- _____	<input type="text"/>	6- _____	<input type="text"/>
7- _____	<input type="text"/>	8- _____	<input type="text"/>	9- _____	<input type="text"/>
10- _____	<input type="text"/>	11- _____	<input type="text"/>	12- _____	<input type="text"/>
13- _____	<input type="text"/>	14- _____	<input type="text"/>	15- _____	<input type="text"/>

3. Why is it important to know what Heart Rate Zone we are exercising in?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**LIGHT**  
120-139

**MODERATE**  
140-159

**VIGOROUS**  
160-180

**INTENSE**  
180-

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

### **Modifications**

***Include ways to modify this activity for advanced, lower level and inclusion students.***

#### **Differentiation/Inclusion:**

Heart rate monitors and this lesson allow each student to work at their own pace which is specific to their cardiovascular endurance. This lesson allows any student of any ability reach their true potential, which can truly inspire each of them to continue to do their best to improve their cardiovascular health throughout their life.