Heart Rate Activity Lesson

Lesson Title: Cardio and Strength Training with Heart Rate

Grade Level: 9-12

Goals:

Standards:

2.5 Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

A. Movement Skills and Concepts

CCSS. Technology: 8.1 Education Technology: All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

F. Critical Thinking, Problem Solving, and Decision-Making

Content Standards:

2.5.12.A.2: Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

2.5.12.A.3: Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

8.1.12.F.1: Information accessed through the use of digital tools assists in generating solutions and making decisions.

CPI's #

2.5.12.A.2: Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.A.3: Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).

8.1.12.F.1: Select and use specialized databases for advanced research to solve real-world problems.

Activity:

Equipment needed: Heart Rate Monitors, Polar GoFit iPad app, Cleaning solution, Steps, Various dumbbell weights (enough for each student using 2 each)

- Operate HRM independently (goal)
- Exercise within their target HR for 25 mins (objective)
- Stay in Target HR zone for at least 20 mins (objective)
- Perform various step aerobic activity (goal)
- Perform muscle repetitions for lower and upper body muscles using the steps (lower) and weights (upper) (objective)

Lesson Sequence

1. Students arrive; put on their Heart rate monitor (HRM) (bullet #1)
2. Students are informed of the workout and the what to expect (bullets #2,3,4 & 5)
3. Students will be using aerobic steppers and weights for their workout (bullets #4 & 5)
4. Students will follow a choreographed routine to improve their fitness levels (bullet #4)
5. Fitness session will be 25 minutes (bullet #2)

Reflection:

Review student summaries on Polar GoFit, after stopping lesson

Did students:

- Stay in the selected target heart rate zone?
- Maintain aerobic exercise threshold levels?
- Review Muscular endurance and Muscular strength?

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