

Heart Rate Activity Lesson

Lesson Title: Learning Heart Rate Zones

Grade Level: 6-12

Goals:

- Use aerobic activities to maintain and improve fitness
- Monitor the intensity of exercise
- Maintain each of the 5 heart rate zones for 3 minutes (or longer if time allows)
- Experience what it feels like to be in each of the 5 heart rate zones
- Learn self control to maintain heart rate within the selected zone
- Communicate to a partner how each zone feels

Activity:

Review a brief summary of heart rate zones with your students. Explain the goal of maintaining heart rate in each of the 5 zones during the lesson.

Choose a low intensity activity (side steps, jog in place, knee raises) to warm up with, the goal of this activity will be to maintain heart rate in zone 1 for 3-5 minutes. Remind the students if their heart rate goes above zone 1 they should slow down or lower the intensity of the activity. Likewise, if their heart rate is below the target zone provide modifications to increase the intensity.

Once the target time is reached in zone 1 give the students a 1 minute recovery period before moving on to an activity for the next zone. During the recovery period the student should tell a partner how they felt in that zone. Repeat until all 5 zones are covered, working up to higher intensity activities. Each student will be working at a different level, be prepared with several modifications to increase/decrease intensity.

Reflection:

Review the lesson on Polar GoFit student summaries view. Show heart rate curve changes for each zone, does every student's curve look the same? Discuss with the students how each zone felt. Specifically, how did the typical target heart rate zones feel? Finally, discuss with students why it is important to spend time in the target heart rate zones.

Lesson Provided by: Polar