

# Heart Rate Activity Lesson

**Lesson Title:** Interpreting Heart Rate Data During and After Exercise

**Grade Level:** 6 - 12

## **Goals:**

Participate in a variety of activities designed to improve or maintain the health related fitness components

- Use aerobic activities to maintain and improve fitness
- Monitor the intensity of exercise
- Make responsible decisions about using time, applying rules, and following through with the decisions made
- Demonstrate cooperation with peers of different gender and ability in a physical activity setting through verbal and nonverbal behavior
- Participate within the rules of the game or activity and show self-control
- Interpret heart rate data during and after exercise
- Common Core Standards – vocabulary acquisition and use and comprehension and collaboration

## **Activity:**

Share the above goals/learning targets with the students while they jog in place to warm-up. Have the students participate in activities of your choice (team games, tag, Tabata or other fitness exercises). Tabata example – pop squat, plank jacks with a pushup, skater and squat thrust. Tabata is 20 seconds high intensity for each exercise followed by 10 seconds rest. Repeat all four exercises a second time for one round. Stop the Tabata after each round or pause the team game/activity several times and have the students look at the active GoFit data and discuss with a partner/content specific vocabulary about heart rate and movement (average heart, time in zone, intensity, target, % of heart rate, etc.). Have the students cool down for a few minutes before stopping the app.

Stop the Polar GoFit running time and save the data. Interpret the completed list view screen data with the help of a partner/team group covering the following: How many students earned a certain number of badges? What was the average heart rate for the class? What was the average amount of time the class was in the target heart rate zone?

## **Reflection:**

Change the screen to the individual heart rate curve and scroll through the data. This is the time to provide the students a visual that reinforces how intensity changes heart rate and recovery heart rate. If you kept track of time and know when you did the Tabata round point that out on the curve. Finish the class with a quick thumbs up/down check asking a few questions to see if the goals/learning targets were met.

**Lesson Provided by:** Jean Drennan, Oxford Middle School, Overland Park, Kansas