Heart Rate Monitor Lesson Plan

Subject Area: Elementary Physical Education

Lesson Title: Introduction to Heart Rate Monitors

Grade Level: 5th Grade

Time Required: 90 minutes (Three 30 min. class periods)

Engineering Connection: Application of sensor technology to physical education and lifelong fitness.

Educational Standards:
PE Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
PE Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Learning Objectives:
● Students are able to put on and wear heart rate monitor watches.
● Students are able to use the watch to read their resting, activity, and recovery heart rates.
● Students understand and can communicate how the cardiovascular system responds to exercise.
● Students are able to associate their heart rate with their fitness level.

Materials:
● Heart Rate Monitors (one per student)
● Pencils
● Pre-Test Worksheet
● Table Sheet
● Chart Sheet
● Post-Test Worksheet

Procedures/Instructional Strategies:
1. Day 1
   a. Administer the pretest.
   b. Explain what a heart rate monitor is and does.
   c. Demonstrate how to use the heart rate monitor.
   d. Students will demonstrate how to put on the monitors and practice using them.
   e. Explore the functions and modes on the monitors.
2. Day 2
   a. Students will put on heart rate monitors.
   b. Students will collect data on their resting, activity, and recovery heart rates.
   c. Students will put data into a chart.
3. Day 3
   a. Students will review their data and discuss what it means.
   b. Students will compare their data with each other.
   c. Administer the posttest.

Assessments: Pretest and Posttest

Modifications/Extensions:
● Implement the collection of data, charting and graphing for each physical education unit. Examples: soccer, football, badminton
• Collect data for the year and compare different activities to each other.