

# 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.