

Heart Rate Throughout Class

Overview	<p>After this lesson, students should be able to:</p> <ul style="list-style-type: none">• Know how to properly warm-up for an activity, participate in an activity, and cool down after their workout.• Understand how to read their Heart Rate Monitor.• Have an estimated range of where their heart rate should be at during particular activities.• Know how to make a chart on Chart Gizmo showing their different heart rates.
Objective	<p>After completing the lesson I will make sure my students complete a chart on ChartGizmo.com to show their increases and/or decreases with their heart rate during their physical activity in class. I will also make sure they understand that one's heart rate increases/decreases depending on the type of activity one is engaged in.</p>
Standards	<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
Material	<ul style="list-style-type: none">• Heart Rate Monitor (for all students)• Gym• Internet Access-to make charts• Volleyball• Volleyball Net
Procedure	<ol style="list-style-type: none">1. Students will gather around instructor in the gym to go over a brief overview for the day, Heart Rate Monitors, and to learn how to use them as well knowing what a good HR is for their age and activity level.2. Students will put their HR Monitors on and start them.3. Students will warm up: jog around the gym twice, skip, shuffle, stretch, and do some sit-ups and push-ups.4. After completing the warm-up students will record their HR.5. Now, students will move onto the main activity: Volleyball.6. First drill: partner up with a ball and bump the volleyball back and forth.7. Next, still with your partner toss the ball to partner who will be taking three shuffles to the left-pass and then three shuffles to the right and pass. Let your partner pass 6 balls and then switch.8. Second drill: stay with your partner but now set the ball.9. As above, toss the ball to your partner who is shuffling three to the left and then three to the right.10. Students will now play 3 on 3 volleyball-this will allow for lots of movement and an increase in HR.11. Students will keep score to 25 and rotate in and out so all students can engage in the activity.12. Students will now check their HR and record it on their data sheet.13. Now, the students will cool down. They will jog a lap around the gym, circle up and stretch.

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	<p>14. When finished, students will check and record their HR.</p> <p>15. After completing the class students will have to import their data into Chart Gizmo to show their different HR's as a result of their different activities.</p>
Evaluation	<p>While engaging in the gym class activities, the students will keep a record of what their heart rates (HR) were at during different activities. After the warm up the students will write down their HR, same for after the main activity, and the cool down. After completing their data for the day students will keep record of it and go onto Chart Gizmo to make a chart. There they will see the different elevations of their HR and be able to make comparisons. They will also need to answer questions from the instructor to see what they have learned about using a HR Monitor to assess your activity level.</p>