# Physical Education Lesson Plan

**Grade Level:** 9th

<table>
<thead>
<tr>
<th>OVERVIEW</th>
<th>Students will use heart rate monitors to keep track of their average heart rate, target heart rate zone and how much time was spent below and in their heart rate zone for 40 minutes and should spend 20 minutes in their heart rate zone.</th>
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</thead>
<tbody>
<tr>
<td>OBJECTIVES</td>
<td>After being shown how to put on a heart rate monitor and operate one, students will be able to operate, interpret, and record data off a heart rate monitor.</td>
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</tbody>
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| STANDARDS | **Standard 4**  
**Health-Enhancing Physical Fitness:**  
Students achieve and maintain a health-enhancing level of physical fitness. |
| MATERIALS | • Heart Rate Monitor  
• Paper  
• Pen or Pencil  
• Computer  
• A Springnote Group Account |
| PROCEDURES | 1. Make sure each student has a Springnote Group Account and if not have he or she create an account.  
2. Students will then participate in an activity in which the teacher has presented for 40 minutes.  
3. Students will have until 10 p.m. that day to login to Springnote and record their data from the activity in class.  
4. Have the student's record data after each class period for the
| EVALUATION | Each student will be graded when they record their heart rate monitor data on time and how long they were in their heart rate zone. |

http://upload.wikimedia.org/wikipedia/commons/1/1f/Polar_Heart_Rate_Monitor.jpg
http://eduref.org/Virtual/Lessons/Physical_Education/Games/GAM0006.html