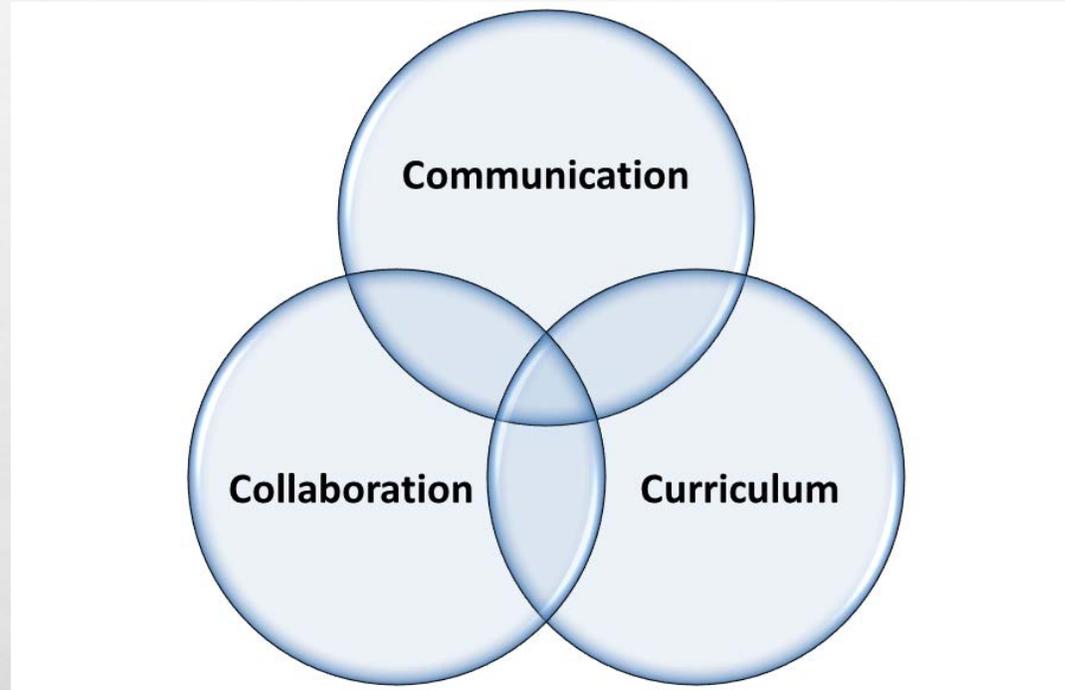


HEART RATE MONITORS: STUDENT-CENTERED LEARNING

BENJAMIN FRANKLIN MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT



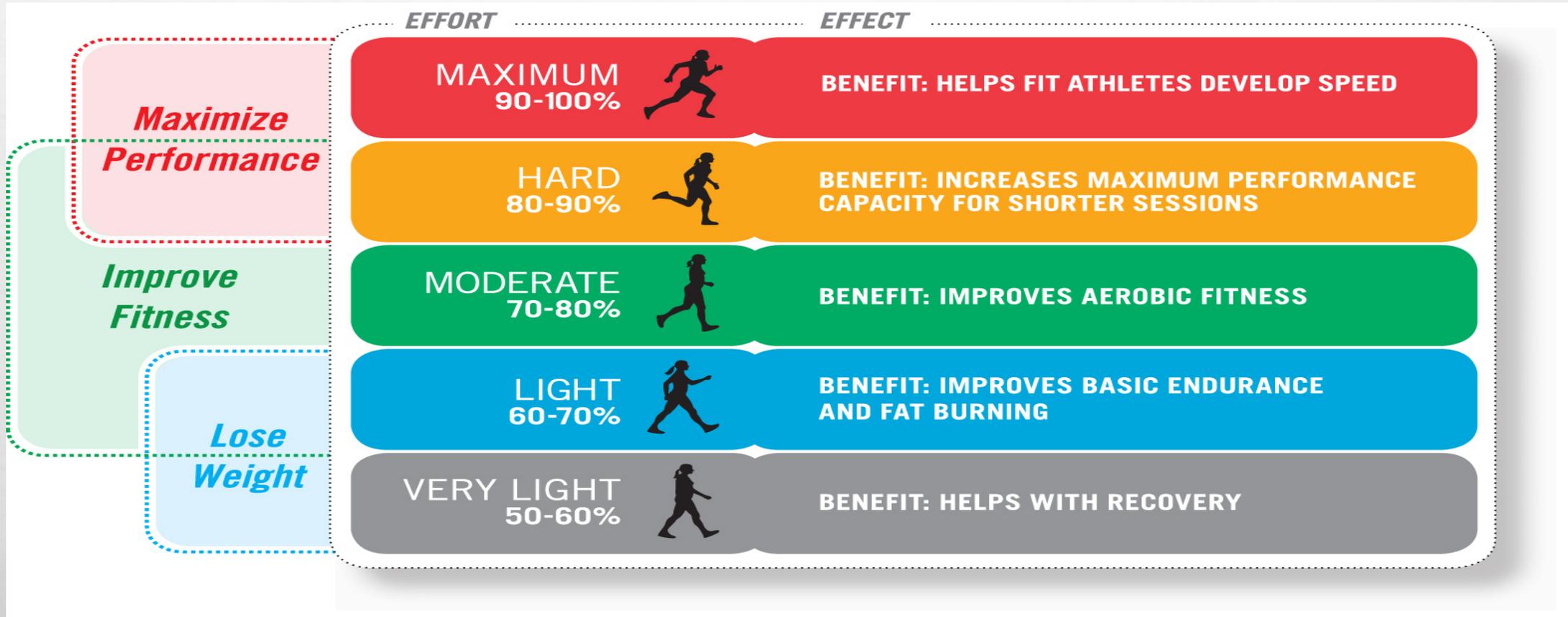
KTUFSD-OUR CONTINUED COMMITMENT



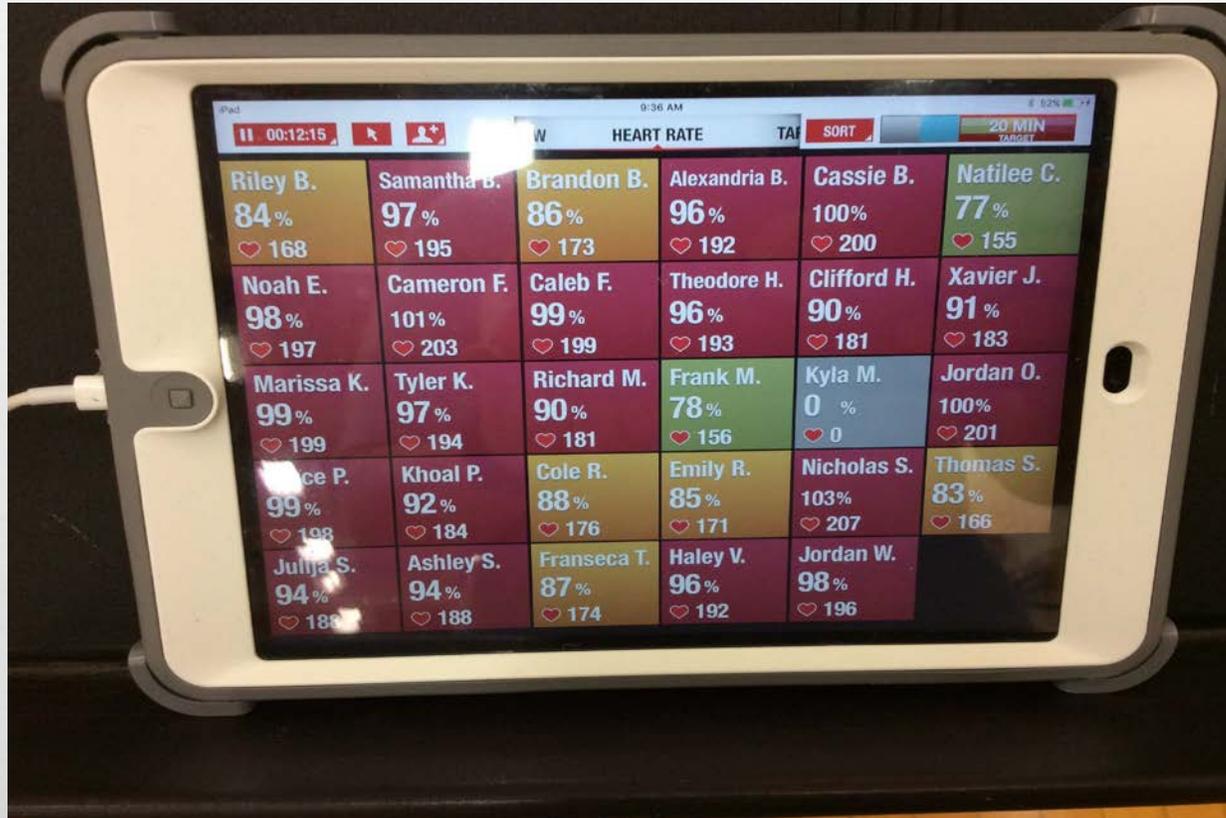
USING HEART RATE MONITORS

- HEART RATE MONITORS ARE USED AS A TOOL FOR SELF-ASSESSMENT; STUDENTS RECEIVE REAL-TIME FEEDBACK DURING THE LESSON AND CAN THEN USE THE LESSON SUMMARY GRAPH TO DETERMINE WHETHER OR NOT THEY ACHIEVED THE LEARNING TARGET [80% OF ACTIVITY TIME IN OR ABOVE THE TARGET HEART RATE ZONE]
- USING HEART RATE MONITORS IS A MEANS OF DIFFERENTIATING THE ACTIVITY
- STUDENTS LEARN WHAT PERSONAL LEVEL OF INTENSITY THEY MUST WORK AT TO REACH AND MAINTAIN A HEART RATE WITHIN THE TARGET ZONE (140BPM – 180BPM); THIS WILL LOOK DIFFERENT FOR EACH STUDENT
- STUDENTS SELF-MONITOR THROUGHOUT THE LESSON BY REFERRING TO THE IPAD TO CHECK WHICH ZONE THEY ARE IN (TARGET ZONES = GREEN & ORANGE]
- STUDENTS INDIVIDUALLY MODIFY OR ENHANCE THEIR PERFORMANCE AS NEEDED TO STAY WITHIN THE TARGET ZONE

POLAR GO-FIT HEART RATE TRAINING ZONES



SAMPLE LEARNING TARGETS



- I can participate at an intensity level that keeps my heart rate between 140 and 180 beats per minute.
- I can identify the target zones by color and use the Ipad to check which heart rate zone I am in.
- I can understand and explain how to adjust my performance if I am below or above the target heart rate zone.
- I can achieve the goal of at least 80% of activity time in or above the Target Heart Rate Zone.

Student information

HEART RATE SUMMARY

Maximum (90-100 %)	1 %	00:00:07
Hard (80-89 %)	59 %	00:11:57
Moderate (70-79 %)	32 %	00:06:25
Light (60-69 %)	8 %	00:01:42
Very light (50-59 %)	0 %	00:00:00



