



Exergame / Active Game Fitness Lesson

Lesson 1– Understanding heart rates and how to calculate average and maximum heart rates

Lesson 2 - Understanding step counts and how particular activities produce an increase in step counts resulting in increased fitness opportunities

***You will see both lessons today – one will be in the Exergame room and the other lesson will be conducted in the traditional training facility. The lesson below outlines both lessons.

Grade: 6th

Objectives:

1. Students will actively participate in each station and record their heart rates or step counts associated with each activity.
2. Students will understand how physical activity affects their step count and the rate at which their hearts beat
3. Students will complete the Heart Rate or Step Count worksheet with 80% accuracy.
4. Students will work responsibly with their peers 100% of the time.

NASPE Standards: This lesson addresses NASPE Standards 1, 2, 4, and 6

Materials/Equipment: Exergaming P.E. facility and/or traditional equipment, worksheet and pencils, (optional) Heart Rate Monitor, pedometer / accelerometer (Polar Active Watch) (MOVband)

Cues: Feel the Beat

Introduction:

The teacher will introduce the lesson by briefly explaining the idea of a pulse and heart rates, the importance of physical activity on the heart, and how the intensity of an activity affects the heart beat and the number of steps accumulated. The teacher will either discuss how the heart rate monitors will help students find their heart rates to record on their worksheet so they can later determine their average and maximum heart rates; or, the teacher will discuss how the pedometers will provide the students with the number of steps they have accumulated during each activity in order to find a total step count at the end of class. If heart rate monitors are not available the teacher will review how to manually take a pulse.



Description of Activity:

(The lesson today is modified due to time constraints). This could be a multiple day lesson depending on the amount of exergaming/traditional equipment available. One lesson will focus on understanding heart rates and the other will focus on step counts. You will observe both lessons.

Students will work in partners to complete the stations. They will rotate in a structured station set up – 5 total stations. They will spend approximately **4-5 minutes** at each station. Before the students begin, if learning about heart rates they will find their resting heart rate and record the number on their worksheet. The teacher will ask the students to record their heart rate or step count at the completion of each station (If time permits, teachers could have students record a heart rate or step count midway through the station and again at the end). The students will record each heart rate and step count on the worksheet.

5 minutes stations:

<u>Active Game Stations</u>	<u>Traditional Stations</u>
I Dance	Jump Rope Hurdles
T-WALL Heavy Ball/Med Ball Relay Wall	Heavy Ball Passing
Exerbike GS / Group Interactive Cycles	Railyard Fitness Agility and Shuffle – Cones and Balls
Makoto/3 Kick	Tag
EyePlay	Tag
Move+ / Treadwall (as time permits)	



Closure/Assessment: Review the concept of heart rates or step counts - check for understanding. Ask students to talk about their max/min/avg heart rate or the number of steps they accumulated during various activities.

NAME: _____ Date: _____

Heart Rate Worksheet

1. Record your resting Heart Rate _____
2. Find the highest number listed. This is your maximum heart rate for today's lesson _____
3. Record your average heart rate by adding all heart rates recorded in the chart and divide them by your total number of readings
 - a. Sum of all heart rates _____
 - b. Sum of heart rates divided by # of readings _____
4. What would make your heart beat faster on these activities? _____

5. Give at least two examples of activities that you think would make your heart beat over 130 beats per minute.

Reading #	Heart Rate
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total:	



NAME: _____ Date: _____

Step Count Worksheet

1. Record Total # of Steps _____
2. During which activity did you record the highest number of steps?
3. During which activity did you record the lowest number of steps?
4. Why do you think some activities had a higher step count than others?
5. Give at least two examples of activities that you think would greatly increase your step count.

Reading #	Step Count
1	
2	
3	
4	
5	
7	
8	
9	
10	
Total:	

EXERGAME

powered by MOTION FITNESS

Physical Education Lesson

Grade: _____ Unit: _____ Date: _____

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Concentration	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/Personal Challenge

Introduction/Warm Up

Assessment/Evaluation/
Comments

Learning Activities/Teaching Strategies

Closure/Cool Down

Equipment	Safety Considerations