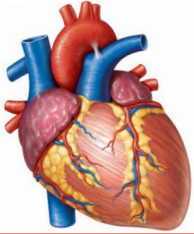


HEART RATE MONITOR NEWS

Name: _____



Our Heart is an amazing Muscle. With a strong heart, we can have a healthy, fit body. This is called Cardio Respiratory Fitness. Our Heart Rate indicates how hard our heart is working.

So what does a HEART RATE MONITOR do?

How might this be a valuable tool in P.E. Class?



Heart Fitness in the Zone:

Let's brainstorm and find activities that fit in each Zone.

Blue Easy 50-60%

I can talk and breath. I am comfortable

← →

← →

← →

← →

Yellow Moderate
60-80%

I can talk but breathing is heavy. My heart is really pumping

← →

← →

← →

← →

Red Vigorous 80-90%

I cannot talk and my breathing is fast. Very Exhausting

← →

← →

← →