Name/Title: How to Use Heart Rate Monitors (HRM) Worksheet

Purpose of Event: To assess how students knowledge about Heart Rate Monitors.

Suggested Grade Level: 3-5

Materials Needed: Heart Rate Monitors Assessment Sheet

Description of Idea

This handout can be used in 2 ways. The first would serve as an assessment; how much have the students learned about Heart Rate Monitors (HRM). This handout could also be used as an introduction to HRM and to teach students their value in PE class.

After teaching students about HRM, you can assess their knowledge by using this handout. This handout could also be used to instuct students on HRM. This handout students goes over what does a HRM do, how this tool is important in PE class and activities that will bring your HR high, medium or low.

Heart Rate Monitor Assessment Sheet

Submitted by **Jenni Peters** who teaches at North Street School in Grafton, MA. Thanks for contributing to PE Central! **Posted on PEC: 1/26/2017**.

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