Name/Title: Interactive Heart Rate Worksheet

Purpose of Event: This interactive worksheet is meant to teach students basic facts about the heart, how to find target heart rate, and the importance of aerobic exercise. A secondary purpose of this lesson is to give students more experience using the computer.

Prerequisites: Students should have an understanding of basic computer skills. Students should have had some prior learning experience with heart rate and heart facts.

Suggested Grade Level: 4-5

Materials Needed: A computer for each student, stations set up in the gym that would help students get in their target heart rate zone.

Description of Idea

Please use the following question/answer worksheet that will help students learn about both the heart, heart rate, and activities that help the heart.

The assignment is meant to be used in a team teaching situation but can be adapted to be used in any situation.

Interactive Worksheet (PDF) (Download Acrobat Now!)

Interactive Worksheet (Microsoft Word)

Interactive Worksheet (Web Page)

This is a different idea for teaching heart rate information that the kids really enjoy. We have found that they would much rather be on the computer then write with pencils!

Assessment Ideas:

The interactive worksheets can be printed and graded. The questions that follow up the hyperlink section can be used as a assessment tool.

Adaptations for Students with Disabilities:

Students can be paired at computers during the computer lab time. The can also have buddies in the active gym section.

Submitted by **Marianne Noelte** who teaches at Delmar Elementary School in Delmar, MD. Thanks for contributing to PE Central! **Posted on PEC: 11/16/2003**.

Visit S&S Discount for all your physical education equipment and supplies!