Name/Title: **Pacing & Cardiorespiratory Activity**

Purpose of Event: To have students understand how to pace themselves when running and to learn how heart rate relates to that.

Suggested Grade Level: 9-12

Materials Needed: Paper, writing utensil, worksheet (provided below), clip boards, track

Description of Idea

After taking students outside to the track tell them they are going to work on pacing for the mile run. At the same time they will be taking their pulse rate a lot so make sure you have covered this and students have practiced previously.

Hand out the clip boards with the following worksheet attached. The students will be taking 5 laps for this activity and the worksheet should be filled out in the correct spaces after each lap.

Pacing and Cardio Respiratory Worksheet

Submitted by **Barry Trent** in Roanoke, VA. Thanks for contributing to PE Central! **Posted on PEC: 9/20/2001**.
Visit S&S Discount for all your physical education equipment and supplies!