

Unit Plan:

Healthy Heart Fitness with Educational Purpose

- Fun, energetic lessons for grades 9-12.
- Lessons that include activities, which combined mobility and physical literacy in a high-intensity program, delivers great overall fitness activities.
- The application of the IHT ZONE heart rate monitors used to collect heart rate data.
- IHT Software: Data collection and reporting of lessons reflecting bouts of 80-90% THRZ, and 60% recovery heart rate zone, time in MVPA, percentages of Moderate to Vigorous Physical Activity (MVPA).

IHT Lessons that are included in this Unit are:

Lesson 1: Zig Zag Fitness; Teaching the Protocol

Lesson 2: Aerobic 2 Base Softball

Lesson 3: Heart Rate ZONE Football

Lesson 4: Action Passes!

Lesson 5: 3 on 3 Aerobic ZONE Basketball!

Questions to prepare your students:

- What does Healthy Heart fitness look like?
- Why is it important to have a low resting heart rate?
- How will 80-90% THRZ activity make a difference?
- How does cardiorespiratory fitness (CRF) affect your heart muscle?
- What does a healthy heart and body feel like?
- What is the importance of oxygen exchange?
- Why is it important to have good recovery (i.e., within 2 minutes of stopping activity)?
- How does cardiorespiratory fitness (CRF) affect your arteries?
- How do you improve cardiorespiratory fitness (CRF)?

Preparing for Class

- Your students will be able to:
- Put on an IHT ZONE heart rate monitor and monitor their target heart rate zones (THRZ) by observing the colors on the ZONE (blue, yellow, red).
- Complete the required number of "bouts" during the physical education class (e.g., the teacher, will have 42 minutes of a 50-minute class period of active time and require 7 to 8-minute intensity blocks, (Red Zone) with 2 to 3 minutes low intensity (Blue Zone) throughout the class time class). See samples below under resources.

Setting the Standard for resting heart rate

Have the students lay down, legs uncrossed for 3 to 5 minutes while you play some calming music. This strategy will set a score for resting heart rate. To get your students to relax for a resting heart rate, have them lay down. Tell the students should feel their breath and their heart beating three ways. They should anchor with their breath, sound, and physical body. They should breathe with their nose, heart or chest and belly as a transverse muscle. The students should listen to this space while lying here for two to 3 minutes. Then have the students take a body scan - without moving, mentally scan from your toes - head. Feel the relaxation from legs, knees, hips, back, shoulders, neck, jaw, eyes, and up to your brain. Relax for the remaining time.

Structure of all lessons are:

- Small sided teams to maximize play time for all students.
- 2 to 3-minute rest
- 8 minutes on
- 2 minutes rest
- The goal is three bouts in a 40-minute class
- Pedagogy in the 8-minute play period
- 8-minute play periods: Repeat this cycle until a game goes for 8 minutes. Each 8-minute segment =1 Intensity block. Students need to rest for 2 minutes, before starting the next game against a new team.

Pedagogy in the 2-minute rest period

Conceptual Change

Micro Teaching

Critical inquiry

The 2-minute rest period serves as a key in this pedagogy for not just looking at heart rate data, but rather, implementing the use of pedagogy to get your students to 'buy in' on the development of higher cardiorespiratory fitness (CRF), and the deep knowledge and engagement regarding their health outcomes.

NOTE:

Pedagogy: It might take 30-45 seconds and sometimes a minute until the student's heart rate can reach 80% of MHR. You may choose to give them extra time for the intensity block such as 8 minutes, so they have the time to reach 80% of MHR and maintain it for 8 minutes. The gap of 2 to 3 minutes can be based on the length of your classes. Most students will recover in 2 minutes and be able to go again. A 3-minute gap is designed so they can get a bit extra rest if your PE lesson allows enough time. The gap in between activity sessions or mini-sided games can be either 2 or 3 minutes. The micro-teaching you do during this time is crucial to building relationships with your students and educating them with game-like concepts and skills needed to live a healthy lifestyle. IHT has offered several lessons using this pedagogy format. However, any sport or game can be played using the same format of 8 minutes at 80% MHR and 2 minutes at 50% MHR and below. We have found that the students find it pleasurable to maintain at MHR at 80% for about 8 minutes and are satisfied to have the 2-minute rest and then return to the small side activity to allow for maximum play.