20

**Essential questions**: Students will keep considering…

What types of activities do I enjoy for aerobic health?

What level of fitness am I at and what activities do I need to incorporate into my life to improve my aerobic fitness level?

**Understandings:** Students will understand that…

Maintaining a healthy target heart rate for a minimum of 20 minutes has benefits both cognitively and physically.

Participating daily in a variety of aerobic activities they enjoy will have positive benefits on their long term health and cognition.

**Illinois State Standards**

19 Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

20 Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

**Performance Descriptors**

19A.g.4 Participate in moderate to vigorous physical activity for an extended period of time (e.g. rate of perceived exertion 4-7 on a 10 point scale, reaching an appropriate heart rate training zone).

19C.g.7 Participate in physical activities, at a moderate to vigorous rate, in order to maintain and/or improve health and cognition.

20A.j.4 Demonstrate the knowledge, skill and ability to monitor and adjust physical activity levels to meet personal fitness needs.

20B.f.5 With teacher cues, calculate a target heart rate zone.

20B.g.4 Record heart rate before, during, and after exercise.

20B.g.6 Perform at the intensity level needed to improve cardiovascular fitness and cognition while exercising your heart (e.g., pulse rate, perceived exertion, heart monitor).

**Performance Task:**

**Module A & B Task:** Participate in physical activities at a moderate to vigorous rate.

**Module C Task**: Using a heart rate monitor, students will be in a 70%-90% target heart rate zone for 20 minutes during a choice activity.

**Knowledge:** Students will know…

What it physically feels like to be in target heart rate zone for 5, 10, 15 and 20 minutes.

The activities they can participate in to maintain their target heart rate zone.

The activities they are adequately skilled in to maintain their target heart rate zone.

The activities they enjoy participating in to maintain a target heart rate zone for 20 minutes.

That participation in moderate to physical activity benefits both health and learning.

**8th Grade Moderate to Vigorous Skill/Target Heart Rate**

**Transfer goals:** Students will be able to independently use their learning to…connect their knowledge of target heart rate, duration and aerobic fitness to their own activity choices for lifelong health.

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**Skill:** Students will be able to…

Adjust their activity level to maintain target heart rate zone in a variety of activities.

Analyze their heart rate and make adjustments to their level of activity to insure a 20 minute target heart rate zone by the end of the year.

Explain the health benefits of participating in moderate to vigorous activity (exit slips, verbal).

Explain the cognitive benefits of participating in moderate to vigorous activity (exit slips, verbal).