

Polar Heart Rate Monitors for Physical Education

Thank you so much for the Foundation Grant that supplied Polar Heart Rate Monitors for my third, fourth, and fifth grade students. My goal was and still is to increase student achievement in academics and life. Learning about heart health, heart rate, and physical activity now will be valuable as they grow up. As the students walk into P.E. class and start their warm-ups, they place the heart rate monitor that is programmed specifically for that student on their arm. They are being tracked throughout class. Students are constantly looking at the iPad to see which heart rate zone they are in and how they can improve their time in the specific zones I am wanting them to be in during class. Many of my students are seeing how they can be successful in PE other than just sports. All students are challenged to improve their heart health through the use of the monitors. I am so thankful for this challenge and I enjoy the conversations that come from the learning and understanding of heart rate. My students have done so well with the implementation of the Polar heart rate monitors into Physical Education class. Thank you for your support and involvement in this process.

Thanks,
Jessica Byers
Physical Education





BREAK Every Chain : Noran Drumming played next time. E.B.

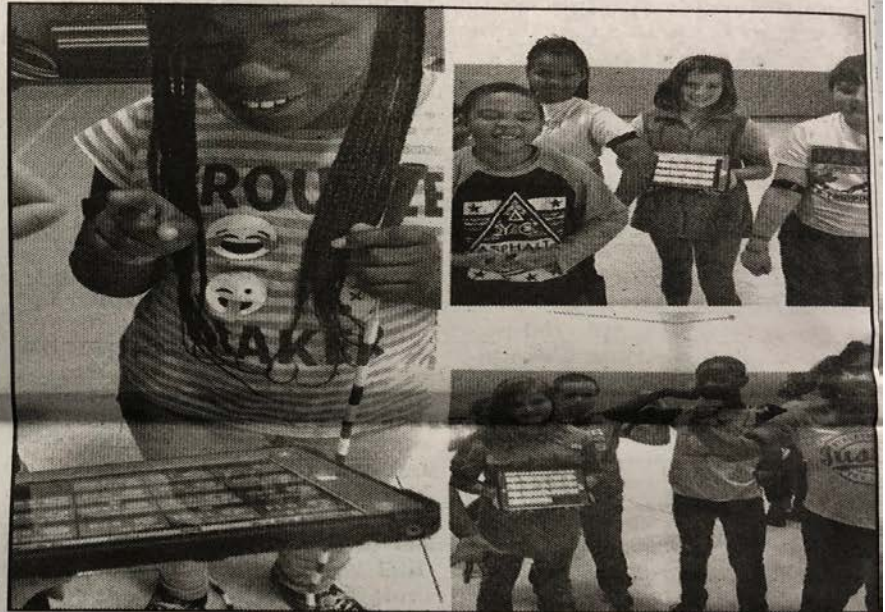
Heart Rates Are Up at WEP

Through multiple grants, the Physical Education Program at W. E. Parker Elementary School is now implementing the use of heart rate monitors for 3rd-5th grade students. The monitors are worn around the students' arms.

Using the Polar Heart Rate System, students are challenged to keep their heart rates in a specific heart rate zone for a certain length of time. There are five different zones, and throughout PE class, the students can see on the iPad which of the five zones they are in and how they need to improve what they are doing in class to change their heart rates.

Students are also learning and discussing how exercise affects their hearts. Jessica Byers, PE teacher, points out, "Students thrive in competition. This allows all students a chance to succeed whether they are great at certain sport skills or not."

Through the creative use of this technology in the PE class, students are learning problem solving and thinking skills, initiative/self-direc-



Pictured: Left – Ze'mira Wakefield. Top – Khamari Jamison, Lauren Williams, Laci-Grace Scarborough, James Koon. Bottom – Hannah Holmes, Jamie Majerus, Nytavious Smith, and Jada Williams.

tion skills, and work ethic skills that our district is using to help create world class citizens.