



Darrell Salmi
Stillwater Public Schools
Oak-Land Junior High

Teaching PE/Health 20 yr
Coaching Experience: Football
(varsity), Hockey (varsity),
Baseball (JV & 9th Grade)
Strength & Conditioning

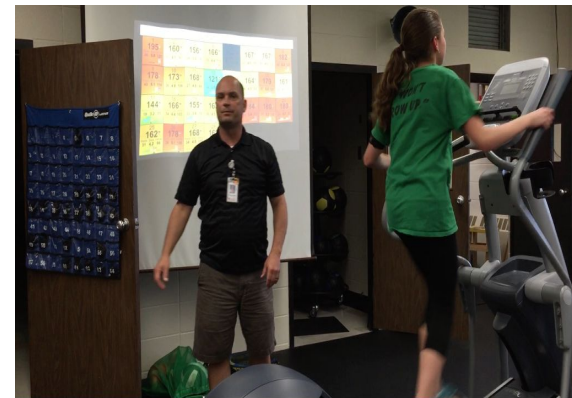
TIES Teacher Award

Heart Zones Enthusiast!



How it all started...

- Early 2000's earning M.Ed. at St. Mary's: Action Research focus on Heart Rate technology in Physical Education
- Meeting and getting to know Rick Gibbs while coaching youth hockey. Learning about his passion for fitness and his passion for technology.
- Meeting Sally Edwards (Heart Zones) through Rick Gibbs.
- Becoming a beta "tester" and learning about the Smart P.E. Movement through Sally Edwards and Heart Zones.



Transition to SMART P.E.



Takes the guessing out of assessing.



Reports/Data Allowing Teachers to:

- Adjust instruction
- Motivate students
- Formative/summative assessments
- Reports

Examples: Smart Hearts (footpods/heart rate monitors), and the DailyFitLog.



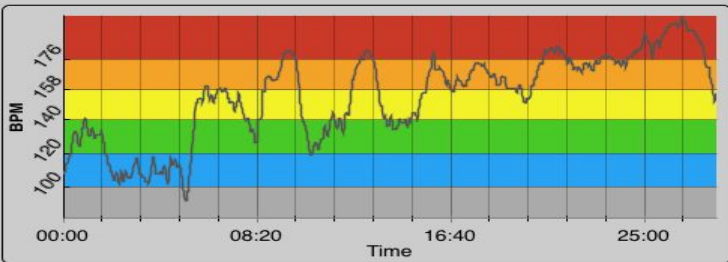
Summative Assessment

Name: ISABELLE PRIMEAU
Class: Period 7-2



Smart Hearts Workout Summary

Workout Date: 05/29/2015	Avg HR: 153	Points: 106
Start Time: 02:14 PM	Peak HR: 201	kCalories: 324
Duration: 28:07	Min HR: 91	



Goal: During class maintain 25 minutes of moderate to vigorous physical activity (MVPA).





<https://youtu.be/TXdYLZPUxes>



Learning Targets

Lab #1: Labeling Zones with Intensity Levels

Key Terms:

Intensity: how hard you are working (effort)

LT's:

I can match physical intensity with the correct Heart Zones color.

I can determine the zone color that is most appropriate for a warmup and cooldown.



Learning Lab #1 Formative Assessment

SMART P.E. Lab 1: Labeling Zones with Intensity Levels

Name: _____

Class Period: _____

Score: _____

Match the following levels of intensity with the correct zone color. (one answer will be used twice)

- | | |
|-------------------------|-------------------------|
| 1. _____ Orange Zone | A. Moderate |
| 2. _____ Green Zone | B. Light |
| 3. _____ Yellow Zone | C. Light to Moderate |
| 4. _____ Red Zone | D. Vigorous |
| 5. _____ Blue Zone | E. Moderate to Vigorous |
| 6. _____ Purple | |
7. When you warm-up or cool down which zone color on the **big board** is the most appropriate?



Learning Targets

Lab #2: Zoning in a Blink

Key Terms:

- cardiovascular endurance: very important part of health because it is a measure of the health of your heart health.
- carbohydrates, fats, proteins: all provide energy for your body

LT's:

- I can identify which heart zones develop cardiovascular endurance and which zone is the highest level of intensity.
- I can explain the difference between different physical activities and the effect they have on my heart rate.
- I can identify the zone that will burn similar amounts of carbohydrates and fats.



Learning Lab #2 Physical Activity

Directions: Each student will be wearing a “Blink” heart rate sensor.

While participating in the following activities pay close attention to the zone color you reach. Think about how the different activities affect your zone color. (30 second activity followed by 30 second rest) 1 partner work/1 partner rest.

1. high knees with overhead press
2. pushup plank with shoulder touch
3. high knee pulls
4. jump rope
5. air squats



Learning Lab #2 Formative Assessment

SMART P.E. Lab 2: Zoning in a Blink

Name: _____

Class Period: _____

Score: _____

Use the “Zoning in a Blink” chart to answer the following questions:

1. Which zone color would provide the best opportunity to develop cardiovascular endurance for the PACER test?

2. Which zone color would you be in if you were working at all-out effort?

3. Which zone color would you be in if you were doing a plank? How and why is it different than the color you had for jump rope?

4. There are three sources of fuel that your body will use for energy. They are carbohydrates, fats, and proteins. Which zone will burn similar amounts of carbohydrates and fats?

ZONING[®]

FITNESS IN A BLINK

Zones	Effort	Zoner	Talk Test	Benefit	Wellness Zones	Activity	Calories Burned	*Fuel Burned	Time In Zones
Red	Hard		"I can't talk comfortably."	Get Fast	Performance	All-Out Effort	Burn More Calories		Short
Yellow	Moderate		"I can talk but it is not comfortable."	Get Fitter	Fitness	Endurance	Burn Lots of Calories		Most of Your Time
Blue	Easy		"I can talk and it is comfortable."	Get Fit	Health	Brisk	Burn Some Calories		Long

*Amount of Carbohydrates Burned *Amount of Fat Burned

ZONING, Fitness in a Blink • ZONING is a division of Heart Zones USA • www.ZoningFitness.com • staff@ZoningFitness.com
 Heart Zones USA • 2636 Fulton Avenue Suite #100, Sacramento, CA 95821, USA • www.HeartZones.com • (916) 481-7283



Learning Targets

Learning Lab #3: Intro to Zoning & FITT Principle

Key Terms:

- FITT: Frequency (how often), Intensity (How hard), Time (how long), Type (what kind of activity)
Using FITT Principle will help you to have plan effective fitness plan and to meet your fitness goals.

LT's:

- I can complete a dynamic warm-up while maintaining an appropriate level of intensity.
- I can apply the FITT Principle explain how different activities affect my heart zones.



Learning Lab #3

SMART P.E. Lab 3: Introduction to Zoning and FITT Principle

Name: _____

Class Period: _____

Score: _____

Vocabulary:

FITT Principle: Frequency (how often), Intensity (how hard), Time (how long), Type (what kind of activity)

Directions: While completing the learning lab, be sure to monitor your blink watch and/or the Heart Zones Big Board.

1. Moving at an “easy” cool blue level of intensity, complete each of the following activities for 30 seconds or 30 repetitions.

- a. high knee marching
- b. straight leg walking “frankenstein”
- c. arm circles both ways
- d. fire hydrants right/left
- e. Repeat a, b, c, and d

- If you struggled to hold the blue zone, what can you do to make sure that the intensity is low enough to keep yourself in the blue zone?

- _____



2. Moving at a moderate purple/yellow level of intensity, complete each of the following activities for 30 seconds or 30 repetitions.

- a. high knee jogging
- b. straight leg jogging
- c. body squats
- d. Jumping Jacks
 - Using the feedback from Heart Zones and the FITT Principle, share two or more things that changed to help you get into the moderate level of intensity.

1. _____

2. _____

Many factors can influence heart rate, including:

- Activity level
- Fitness level
- Air temperature
- Body position (standing up or lying down, for example)
- Emotions
- Body size
- Medications



MY CONTACT INFORMATION

