

e-PHYSICAL EDUCATION

FOR ONLINE, HYBRID, DISTANCE LEARNING AND HOME SCHOOL

CHALLENGES

Short Class Time

Accountability

Perceived Program Value

REALITY

Childhood Obesity

Shift to Distance Learning

Cut Backs

RECOMMENDATIONS

Measurable Activity

Objective MVPA

Lifetime Learning

RELIABLE DATA FOR ACCOUNTABILITY

Bridge the gap between students' homes and teachers' desk with a powerful tool that holds everyone accountable. Make a real impact using Heart Zones e-PE. Encourage students to engage in physical activity at home using technology that captures their activity. Heart Zones e-PE allows them to self access and give teachers the data they need to validate participation. Promote healthy, active lifestyles from anywhere, at any time and with activity.

HOW e-PE WORKS

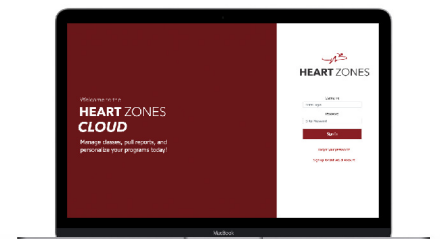
Students complete activities using a wearable sensor and the free mobile Heart Zones Training app.



Mobile app collects the student's activity data from the sensor. Activity data is sent to the Heart Zones Connect cloud portal, one location all student data.



Teachers access all students activity data from one secure website the Heart Zones Connect cloud portal fast and simple.



e-PE: A SOLUTION FOR DISTANCE LEARNING

Start laying the groundwork for accountability within your school's PE program—whether you use our virtual tool to supplement in-person classes, or you use it as the base for your virtual program.



MODULES

Seamlessly incorporate Heart Zones Smart e-PE modules into your curriculum with lesson plans and activities.



ACCOUNTABILITY

Capture students' activity results from anywhere by logging into the Heart Zones Connect cloud portal. Send optional emails on student performance to parents, guardians and administrators.



TECHNOLOGY

Track students' activity using wearable sensors like heart rate, activity trackers and cycling sensors. Once your students have finished an activity, data is sent to the Heart Zones Connect portal and is available to you, your students and your administration.



EDUCATION

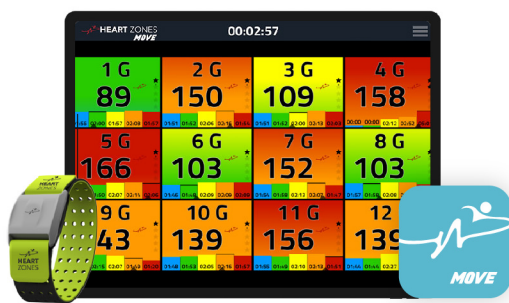
Invite a Heart Zones trainer to lead a workshop or a professional development live or remote on how to optimize your e-PE hardware, software and methods.



FEATURES & BENEFITS OF e-PE

With the Heart Zones Training App and sensor, students can track MVPA (Moderate to Vigorous Physical Activity) and FIT points, enjoy games and challenges, and set personal fitness goals based on individualized data—easy, simple, and ready for you.

- Downloadable on Android and iOS devices
- Sends reports to students, parents & administrators
- Displays live data during any physical activity
- Syncs with Heart Zones MOVE app and Heart Zones Connect cloud portal
- Assesses recovery and peak heart rate, and sets personal zones
- Open system, works with most Bluetooth sensors



HEART ZONES e-PE AND HEART ZONES MOVE WORK TOGETHER

Ask for an online demo of the in-school solution, Heart Zones MOVE, found in over 1,200 schools across the USA and abroad.

Request more information about
the Heart Zones e-PE Solution

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