

## Prepare for Class Version

**Grade Level: Middle School**

**Class Activity: Buddy Mile**

<b>Introduction</b>	<p><b>This activity will support students in:</b></p> <ul style="list-style-type: none"> <li>• Participating in moderate to vigorous physical activity (standard 3.4)</li> <li>• Reviewing their target heart rate as a means to improve aerobic capacity</li> <li>• Reviewing and practicing how to take their pulse as an indicator of movement intensity</li> <li>• An enjoyable way to work with peers in physical activity</li> </ul>
<b>Description</b>	Students will participate in a physical activity to achieve a target heart rate of 150 beats per minute (bpm)
<b>How to Introduce the Activity to Students</b>	“Today we are doing an activity to help you reach your target heart rate and you’ll have fun while interacting with your others in class.”
<b>Directions for the Activity to Share with Students</b>	<p>We will be in groups of four while completing a distance of one mile today.</p> <p>Each group will start off with 3 group members walking and one group member runs one lap. Once the runner catches up to the group then another person will run a lap while the other three continue to walk.</p> <p>This will continue until all four people have each run one lap to make up the mile</p>
<b>Feedback to Share with Students</b>	<p>Ask students to take their pulse to see if they achieved their target heart rate (150 bpm)</p> <p>To take pulse and calculate heartrate: ask students to take their pulse with index and middle finger on their wrist (brachial artery) or neck (carotid artery) for 6 seconds</p> <p>Multiply that number by 10 to get a one-minute reading.</p>
<b>How to do Closure with Students</b>	<p>Bring students back to their numbers/class meeting place for some cool down stretches and then debrief by asking them to share what their beginning heart rate was along with their heart rate at the conclusion of the activity.</p> <p>Also, ask them to share with their group what changes did they notice happening as their heart rate increased up to 150 bpm.</p> <p>Ask students to thank each of their group members for their good work today.</p>
<b>Notes for the Guest Teacher</b>	

# Take to Class Version

**Grade Level: Middle School**

**Class Activity: Buddy Mile**

<p style="text-align: center;"><b>Introduction</b></p>	<p><b>Today we will:</b></p> <ul style="list-style-type: none"> <li>• Participate in moderate to vigorous physical activity (standard 3.4)</li> <li>• Review your target heart rate as a means to improve aerobic capacity</li> <li>• Review and practice how to take your pulse as an indicator of movement intensity</li> <li>• Enjoyable working with peers in physical activity</li> </ul>
<p style="text-align: center;"><b>Description</b></p>	<p>Students will participate in a physical activity to achieve a target heart rate of 150 beats per minute (bpm)</p>
<p style="text-align: center;"><b>Introduce the Activity</b></p>	<p>Today we are doing an activity to help you reach a target heart rate and you'll have fun while interacting with other students.</p>
<p style="text-align: center;"><b>Give Directions for the Activity</b></p>	<ol style="list-style-type: none"> <li>1. Meet students on their numbers</li> <li>2. Take attendance</li> <li>3. Ask students to take their pulse with index and middle finger on their wrist (brachial artery) or neck (carotid artery) for 6 seconds             <ol style="list-style-type: none"> <li>a. Now multiply that number by 10 to get a one minute reading</li> </ol> </li> <li>4. Do some warmup exercises - Use students to lead the exercises</li> <li>5. Create groups of 4</li> <li>6. Go over instructions for the Buddy Mile             <ol style="list-style-type: none"> <li>a. On start, 1 student runs a lap while the other students in the group walk</li> <li>b. Once student 1 catches up to the group, student 2 runs a lap and the others along with student 1 continue to walk</li> <li>c. This continues until all four students in the group have each ran a lap</li> <li>d. Once everyone has ran a lap, your group is done</li> </ol> </li> <li>7. Transition over to the grass/track</li> <li>8. Begin Buddy Mile</li> <li>9. Transition back to the numbers/meeting place once all the groups are finished</li> <li>10. Ask students to take their pulse with index and middle finger on their wrist (brachial artery) or neck (carotid artery) for 6 seconds             <ol style="list-style-type: none"> <li>a. Now multiply that number by 10 to get a one minute reading</li> </ol> </li> <li>11. Have students do some cool down exercises             <ol style="list-style-type: none"> <li>a. Use students to lead the exercises</li> </ol> </li> <li>12. Once finished have students go to the locker room to dress</li> </ol>
<p style="text-align: center;"><b>Feedback for Students</b></p>	<p>Ask students if they achieved their target heart rate and if they didn't, think what could have been the reason why?</p> <p>Have them share within their group some reasons.</p>
<p style="text-align: center;"><b>Closure</b></p>	<p>Have some students share out with the class how they felt while increasing their heart rate.</p>
<p style="text-align: center;"><b>Notes for the Teacher</b></p>	