

Maths Activities Week

Ideas for PE lessons

Pulse rates - Check pulse rates by counting how many beats for 30 seconds and then doubling for beats per minute. The students can check their pulse rate at rest and then after a few minutes exercise. They can then check their pulse rate every minute until it returns to normal. The amount of time it takes for their rate to return to normal is their recovery rate and a measure of their overall fitness. The students could plot their times on a graph to see their pulse rate over time.

Paces - Students measure how many paces they take to pace out 10m. They then estimate 20m, 50m and 100m and see how accurate they can be.

100m - students are timed for a 25m sprint. They then estimate how long it would take them to sprint for 50m and then 100m. They then run this and compare their estimates with the actual result. When making comparisons, discussion about acceleration is important as the students tend to still be accelerating over 50m and so their estimate is greater than their actual time.

Training Zone - Student work out their maximum heart rate ($220 - \text{age of student}$). They then have to work aerobically between 60 - 80% of their maximum heart rate. Of course they need to be able to calculate 60% and 80% of their maximum heart rate.

Previous Results - Students can compare their results in different events against the schools previous results.