

TVA MS Weekly Fitness Tracking (Year Course)

- Students will be issued a Polar Heart Rate monitor for fitness tracking.
- Fitness Tracking will occur weekly (9 per marking period). All exercise training sessions will sync from the watch to the Polar Flow app, which can be viewed by the instructor using Polar Coach.
- Students are required to perform **75** minutes of activity per week within their Target Heart Range, with at least **30** minutes in the “blue” 120-140 bpm or higher range (obviously more is allowed and encouraged). Minutes obtained below Target Heart Range will not be counted.
- Cardiovascular activities that will help achieve your goal include, running, walking, biking, dancing, hiking, rowing etc. Weight training exercises will also increase heart rate for shorter amounts of time, but will help to satisfy the requirement based on the level of intensity and duration of the weight training.
- Sports practices are also able to be used to satisfy the requirement, provided you are able to safely wear the watch.
- Fitness Tracking will be checked **Friday** each week, unless otherwise noted. Students do not have to physically turn anything in, as long as the watch is successfully syncing with the Polar Flow app.
- You should be recording your training sessions from a Saturday through a Friday so that it can be checked on a Thursday.
- If you have any questions please feel free to contact Mr. Avery. kavery@tulpehocken.org

Polar Watch Set-up Directions

- **Download the Polar Flow app to a mobile device**
- **Create a free account using your Tulpehocken email address and set-up your Polar Flow profile to get accurate heart rate information, confirm email address associated with Polar Flow account**
- **Power on your polar watch, open the Polar Flow app to sync your watch, once your watch is discovered you will be given a number code on your watch screen, enter this code on your mobile device**
- **Accept the Polar Coach invite from your teacher on your computer by going to [Polar Flow](#) and signing in with your email and passcode (created when you set-up the app). To confirm the invite, go to the notifications tab in the top right corner.**
- **When you are ready to record a training session, swipe up on the watch and select “Training”. Select the training that best describes what you are doing.**
- **When you are finished with a training session, stop the watch and press the green check mark to save. When the watch and mobile device are close by, the information from the training session will automatically sync.**

Fitness Tracking Due Dates for 2024-2025* (may be adjusted due schedule changes)

	Semester 1 (Fall)		Semester 2 (Spring)	
	MP1	MP2	MP3	MP4
Week 1	8/29	10/31	1/23	3/27
Week 2	9/5	11/7	1/30	4/4
Week 3	9/12	11/14	2/6	4/11
Week 4	9/19	11/21	2/13	4/16** Wed
Week 5	9/26	11/27 Wed**	2/20	4/25
Week 6	10/3	12/5	2/27	5/2
Week 7	10/10	12/12	3/6	5/9
Week 8	10/17	12/19	3/13	5/16
Week 9	10/24	1/9	3/20	5/23
End of MP	10/30*	1/16*	3/24*	5/27* online gr 7-8 last student day 5/30

GRADING RUBRIC

-Time in Target Heart Rate - 75% (1 point per minute)

-Time in “Blue” or higher range – 25%

- a. 1-10 minutes = 5pts**
- b. 11-16 minutes = 10pts**
- c. 17-22 minutes = 15pts**
- d. 23-29 minutes = 20pts**
- e. 30+ = 25pts**

Each week is based off of 100%.