

NEWS BREAK

Article: Sensors motivate students to keep on moving in PE

Section: NW SUNDAY, B6

Sunday's News Break selects an article from **Sunday, February 10, 2019**, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some classrooms may be able to use this as a worksheet and others might need to ask and answer the questions in a small group or larger, class discussion.

**Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.*

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss what motivates them to physically work hard and whether wearing a monitor or Fitbit would change how much effort they put forth during class. They'll debate whether all students should wear monitors to track their progress during PE classes. Is tracking your effort against your peers a motivator to everyone? Will this help students prepare for a lifetime of health and fitness? They'll tackle a discussion about the effects of merging technology with PE and how it will help some students, while perhaps hurting others in the process.

Pre-Reading Discussion:

The title of the article you're about to read is "**Sensors motivate students to keep on moving in PE.**"

- What do you think the article will be about?
- What do you think the sensors are? What do you think they'll be tracking?
- Do you think this is a good idea? Why or why not?
- Would you want to wear one to track your physical fitness levels during PE class? Why or why not?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

*"You can really **tailor** your curriculum," he said. "It's giving the kids a lot of motivation in PE.*

Write your guess and then look up the definition and write it below your guess. How close did you come to the correct definition?

Tailor Guess:

Tailor Definition:

Comprehension Questions:

1. Gauging how much activity is really taking place in an elementary school physical education class has never been easy for teachers. Motivating those not interested in breaking a sweat is even more difficult. Help in both those regards arrived this year for teachers and students in the Burlington-Edison School District with the introduction of the _____ System.
2. What is this system? What do students wear and what does it track, in real-time?
3. How did the elementary school physical education departments gather funds to purchase the Heart Zones along with iPads and TV's?
4. With a large television set up for students to watch their efforts, the teachers followed along on what?
5. Displayed were specific squares for each student that showed information about what?
6. Teachers will eventually be able send emails to parents highlighting what?

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- Are you motivated to work hard (physically) when you are wearing a Fitbit or other monitor to track your heart rate? Why or why not?
- Should all students wear monitors to track their progress in PE? Why or why not?
- Would you be motivated to work harder, if you were tracked amongst your peers in class? Why or why not?
- Do you think it helps prepare students for a lifetime of fitness? Why or why not?

“To visually see their progress is great,” Staudenraus said. “They can see whether they are reaching their goals. It’s really bringing technology into the PE class.”

Edison Elementary’s television is mounted on a wall and Smith said her seventh and eighth-grade students often glance at it during PE class.

“They see what their numbers are when they are jumping rope,” Smith said. “They’ll look again when they finish sprints. It’s great for them to see what it feels like before they reach their target heart rate and what it feels like when they reach it.”

“They’re cool,” said 10-year-old fourth-grader Aiden Montalvo. “At first, I was like, ‘What is this? Do I have to wear it?’ Now it’s fun.”

Mataya said kids really take ownership of their activity squares.

“Today, we have a goal of 22 minutes of activity,” he said. “You can see who is getting close to that and who is beyond. The kids love it. The biggest thing is seeing them take charge, wanting to improve.”

Reese said the system is a great motivator.

- What do you think about merging technology with PE?
- How will it help students? How might it hurt others?
- Would you want your PE classes to adopt this program? Why or why not?
- The fitness studio, Orange Theory, has a similar program and it’s very popular. You wear monitors and you are tracked by your level of exertion. Sounds similar. What do you think are the benefits from using a program like this?

“You can really tailor your curriculum,” he said. “It’s giving the kids a lot of motivation in PE. They want that red square that shows they are working hard. It really promotes fitness in a whole new way.”

“PE is no longer just rolling a ball out,” Reese said. “There is a definite change from the old standards. It’s not just getting fit right now, it’s about preparing for a lifetime of fitness.”

- Are your PE classes preparing you for a lifetime of health and fitness? Why or why not?
- Would a program like Heart Zones benefit most students? Why or why not?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register on-line](#) or call 206/652-6290 or toll-free 1-888/775-2655.
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Newsbreak Answer Key: February 10, 2019

Pre-Reading Discussion:

Answers will vary

Vocabulary Building:

Tailor: Make or adapt for a particular purpose or person. "Arrangements can be tailored to meet individual requirements"

Comprehension Answers:

1. Heart Zones
2. Students wear sensors that let them see their activity level and allow teachers to monitor it in real time.
3. Bay View Elementary physical-education teacher Marty Reese said passage of a tech levy gave elementary school physical education departments the funds to purchase Heart Zones along with iPads and televisions.
4. iPads
5. Their physical exertion
6. The efforts of their children

Discussion Questions (small/large groups), Journal Prompts or Essay Questions: Answers will vary