Dear Parents and Guardians,

All middle school physical education students’ will be required to purchase a Heart Rate Elastic Strap for Physical Education. The cost is $6 per strap. Straps will be used year to year.

[Physical](http://phy-ed.wbsd.bms.schoolfusion.us/modules/groups/integrated_home.phtml?gid=576931&sessionid=8c7ef0f75b74e32cb2beb62ca3a8c8c6) Education, Fitness and Health

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| **What is a heart rate monitor?**            At Random Lake Middle School we are currently using Polar E600 Series Heart Rate Monitors. We are very fortunate to have this type of educational technology in our school. Both middle school and high school students will be using the Heart Rate Monitors. This setup consists of a monitor (watch), transmitter, and heart rate strap. The transmitter attaches to the heart rate strap and wrapped around the body just below the chest. The monitor (watch) is worn on the wrist. The transmitter picks up an electronic signal from your heart and transmits it to the watch wirelessly. The watch gives you instant feedback of your heart rate, in beats per minute. The watch is capable of performing many tasks including measuring the time spent in your target heart rate zone.   The Polar E600 Heart Rate Monitor (HRM) consists of three parts:   |  |  |  | | --- | --- | --- | | [Heart Rate Transmitter](http://phy-ed.wbsd.bms.schoolfusion.us/modules/groups/homepagefiles/gwp/496937/576931/Image/Heart%20Rate%20Monitor.jpg?sessionid=0ac7cf39366ddaea95c57b97455938dc) | Heart Rate Monitor (watch) | [Heart Rate Elastic Strap](http://phy-ed.wbsd.bms.schoolfusion.us/modules/groups/homepagefiles/gwp/496937/576931/Image/Heart%20rate%20strap.jpg?sessionid=0ac7cf39366ddaea95c57b97455938dc) |       **What is my target heart rate zone?**            You gain the most health benefits when you exercise in your target heart rate zone. Usually this is when your heart rate (pulse) is 60 to 80 percent of your maximum heart rate. We set the student’s target zone at 135-180 bpm to accommodate all middle school students. The student’s watch will record the amount of time spent in their target zone during the class period. The best part is that every student earns his or her own grade independent of everyone else. |

Thank You,

Random Lake Physical Education Staff

Mrs. Averill and Mr. Kasubaski