

FITNESS RUNNING

TOOLS FOR LEARNING



QTY	NAME	CODE	US Games USGAMES.COM
24	Polar M200 Wrist Based HRM & Running Watch	1399697	Link to e-Store
12	Large Cones	1245875	Link to e-Store
4	Stopwatches	1376385	Link to e-Store
48	Bean Bags (or Tennis Balls)	1064179	Link to e-Store
6	Foam Dice	1135589	Link to e-Store
12	Task Tents	1389878	Link to e-Store
5	Decks of Playing Cards	3065	Link to e-Store
8	Plastic Buckets	1393491	Link to e-Store
12	Low Profile Cones	1255690	Link to e-Store
1	Pen/Pencil per Student		
			OPENPhysEd.org
	Fitness Portfolios		OPENPhysEd.org
	Various Assessments		OPENPhysEd.org
	Academic Language Posters		OPENPhysEd.org
	Printable Activity Resources (see activity plans)		OPENPhysEd.org

Note on Heart Rate Monitors: When purchasing heart rate monitors, it's okay to start with a small number (even 1 or 2) and gradually build your inventory when funds become available. Students may also have their own smartwatch devices. If you don't have enough for the entire class, rotate the HRMs each lesson and pair students as they analyze each other's' heart rate data. Our recommendation for this module is the Polar M200 because it is a watch commonly worn by runners. However, the Polar A370 is also a great choice.







