

3rd-5th Grade Lesson 2

EXERCISING YOUR HEART

Overview

In this lesson, students will learn the important work done by the heart. They will learn that our lungs breathe in oxygen that goes into the blood. Our heart pumps the blood through the body to get oxygen from the lungs to the muscles. This whole process happens in the cardiovascular system. Students will learn that by exercising, their heart works harder to pump blood faster through the body to get the oxygen to the muscles doing the work. This lets us contract our muscles over and over again for endurance activities, like riding a bike or running a long way. The lesson concludes with students learning how to make their heart stronger using at home activities.

Behavior Change Objective:

As a result of this lesson, students will get more regular exercise and have improved heart and overall health.

Learning Objectives:

Students will be able to:

- Describe what the lungs, heart, and blood do to help muscles work for a long period of time.
- Recognize that exercise is important to strengthen the heart muscle.
- Recite the connection between a strong heart and strong muscles.

Keywords

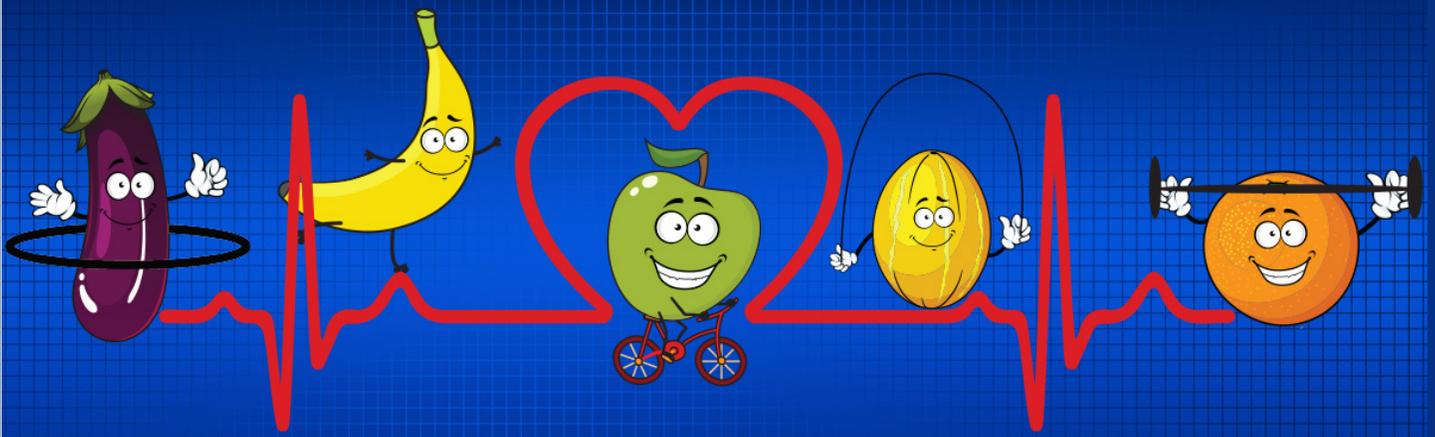
Heart, Oxygen, Muscles, Exercise, Endurance, Health

Educational Standards:

NJSLS for Comprehensive Health and Physical Education: 2.1.2.A.1; 2.1.2.C.3; 2.1.2.E.1; 2.1.2.E.3; 2.6.P.A.1; 2.6.P.A.2; 2.6.2.A.1; 2.6.2.A.2; 2.6.2.A.3; 2.5.2.A.1
NHES: 1.2.1; 1.2.2

Materials

- Videos & AV equipment:
 - Endurance Lesson Video – 4:30
 - General warm up- 4:34
 - K Core Activity Circuit – 10:39
- Open floor space
- Water, comfortable clothing, sneakers



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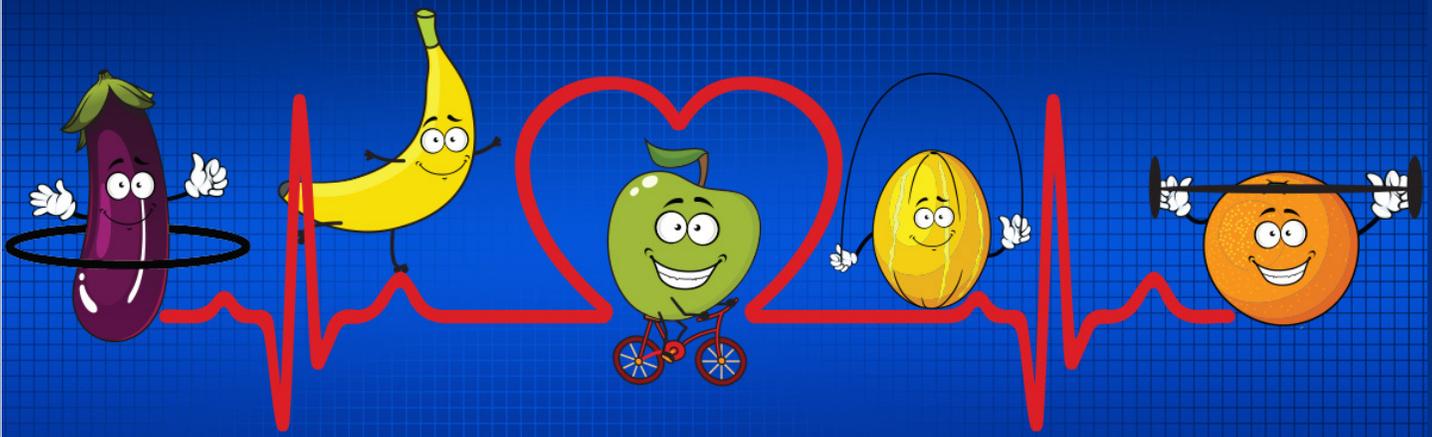
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Before You Begin

- Review entire lesson - look through and see appropriate places to pause the video and engage students with a question for students to answer in pairs, small groups, or to the whole class
- Review Classroom Management techniques (suggested tutorials below)
 - [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
 - [How to Make a Noisy Class Quiet](#) (start at 2:40)
 - [SPARK Classroom Management Strategies](#) – specific to PE classes
- Gather your materials
- Ensure students have space to move
- Set up AV equipment and provide space for film viewing.
- **TIP:** It is helpful to have the instructor model movements in between circulating, coaching, and cueing students

Procedure

1. **Activate Prior Knowledge:**
2. **Introduce the Lesson:** Show video entitled [Exercising Your Heart](#) (Video 1). Pause when appropriate to engage students.
 - Teach students how to get their resting heart rate
 - Students will end the video by taking three deep breaths.
 - Post-video questions:
 - Why does the heart pump blood through our bodies?
 - How does the oxygen get into our bodies?
 - How can we make our hearts stronger?
 - Why is a strong heart important?
3. **General Warm-Up** (Video 2)
 - Pre-warm-up question: Why might we want to warm our bodies up before exercise?



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Procedure, cont.

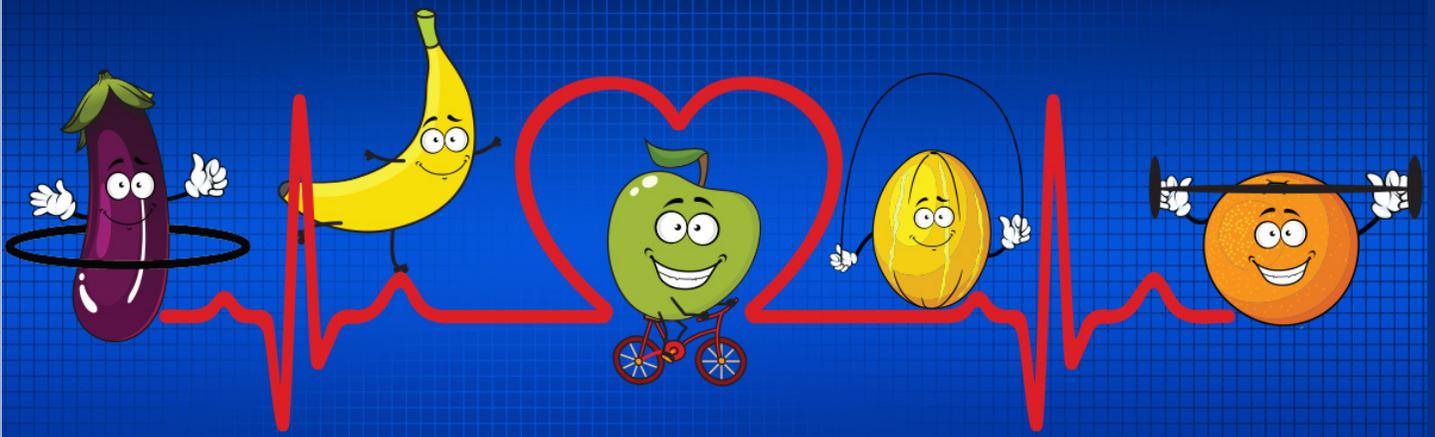
4. Teaching/Skill:

5. **Activity:** Have students test their heart rate before and after engaging in the following activities.

- Pre-activity question: Why might it be important to do something that makes our heart beat faster?
 - Split students into four groups, one in each corner of the room.
 - Run 2-4 minute stations:
 - Two line shuttle run with moving cones back and forth
 - Partner 1 does 30 Jumping Jacks while Partner 2 holds a plank, v-sit, or squat
 - Agility Ladder drills (one foot in-out, side ways, karaoke, shuffle)
 - 10 meter distance relay: bear crawl, crab walk, inchworm, frog hop; Continue to rotate through students until time is up, or everyone has had a turn.

6. Cool Down - Yoga & Meditation

- Pre-Cool Down Question: Why might it be important to do something like yoga or mindful breathing after a hard workout?
- You can have students test their heart rate before and after (it should be slower!)



3rd-5th Grade Lesson 2: EXTENSION ACTIVITIES



Jumping Jacks



Sets: 5 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position.

Standing 90/90 Marching in Place



Sets: 5 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: In standing, alternate raising your knees upward to waist level (90 degrees). Keep your abdominals tight and stand upright while looking forward. Repeat as prescribed

Lateral Stride/Side Stepping



Sets: 2 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

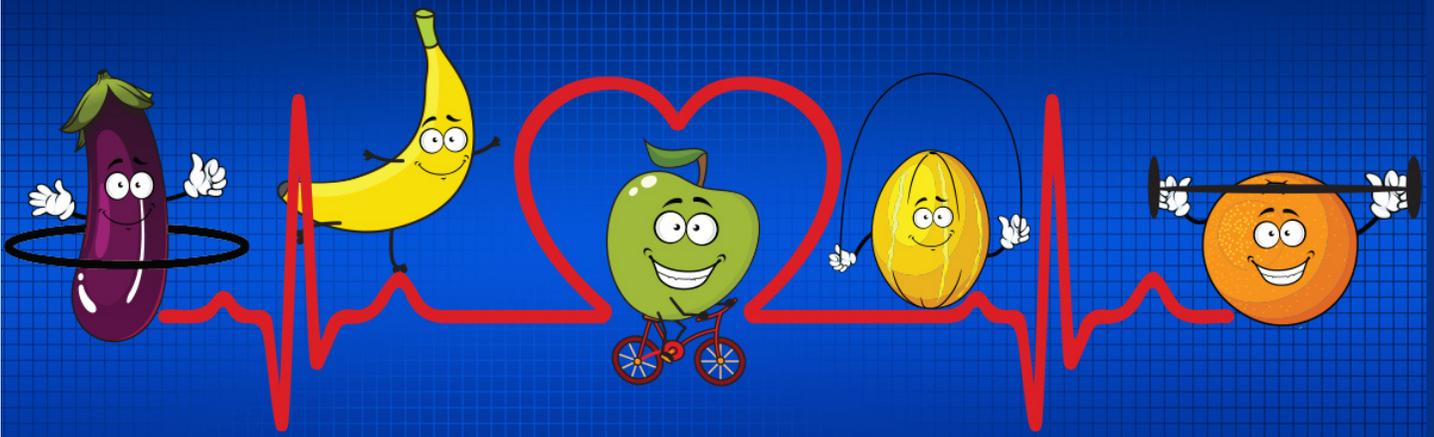
Description: Stand with feet shoulder width apart. Step to the side with your Right foot, bring Left foot to meet Right foot. Repeat sequence until you have covered the required distance. Then reverse the sequence and bring your left foot to the side, and bring your Right foot to meet it. Continue until you have reached your starting location.

Dynamic Warm Up - Side Shuffle



Sets: 2 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by bending your knees slightly and holding your hands up in front of you. Move lateral by quickly shuffling your feet. Go both directions.



3rd-5th Grade Lesson 2: EXTENSION ACTIVITIES

Mountain Climbers



Sets: 3 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a pushup position. Slowly bring your knee towards your chest and then alternate with the opposite leg as if running in place. Gradually increase your speed keeping your back flat and buttocks low. Continue as directed.