



6th-8th Grade Lesson 2: ENDURANCE

Overview

This lesson begins with an introduction to endurance exercise using the “endurance” video. The students will learn about what endurance exercise is, the organ systems involved, and how to palpate their heart rate. They will also learn about the benefits of performing endurance exercise, along with ways that the students can perform endurance exercise on their own. The activity portion starts with a general warm up using the “general warm up” video and is followed by a dance instruction “dance video” as a means of performing endurance exercise at home. Following the dance video, the students will go through a floor circuit, see “floor circuit” video to exercise a range of muscles. The lesson ends with a plank challenge “planks” video.

Behavior Change Objective:

As a result of this lesson, students will participate in more endurance exercise activities.

Learning Objectives:

Students will be able to:

- Measure their own heart rate using either the carotid or radial pulse.
- Recite types of endurance exercise and understand the importance of endurance exercise on heart and body health.
- Know different types of endurance exercise and ways they can work on their endurance at home.

Educational Standards:

NJSLS for Comprehensive Health and Physical Education: 2.6.8.A.1; 2.6.8.A.5; 2.5.6.A.1; 2.5.8.A.2; 2.5.8.A.3; 2.5.8.A.4

Materials

- [Videos](#) & AV Equipment:
 - Endurance- 4:31
 - General warm up- 4:34
 - Dance- 6:36
 - Floor circuit- 7:06
 - Plank challenge- 1:50
- Cones or other marker for the floor activity
- Water, comfortable clothing, sneakers

Before You Begin

- Prepare an area where the students have room to dance and perform the floor workout. Cones or another marker can be used to delineate floor zones.
- 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



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Procedure

1. **Introduce the Lesson:** Ask if the students can come up with any examples of endurance exercises (or if they can demonstrate an example of endurance exercise for the class): examples: Jumping jacks, jumping rope, skipping, hopping, walking, running, swimming, biking, skateboarding, and just about any field or court sport.
 - a. Ask the students if they know of any benefits to performing endurance exercises (examples below)
 - i. Physiological: improving heart health, improves our ability to bring blood around the body, helps to lower blood pressure, improves our oxygen transfer (from the lungs to the blood)
 - ii. Performance: allows you to exercise longer, helps to prevent you from becoming out of breath as quickly, helps you get faster and stay in the game longer
 - b. Show video entitled **Endurance** (Video 1) "Now we are going to watch a video explaining what endurance exercise is and how it can benefit us."
 - i. During video: Have the students attempt to find their pulse (either radial or carotid). Using a 30" timer, have them count how many beats they can feel during that time and multiply by 2 to determine their resting HR
 - ii. Post-video questions:
 1. Now that you have watched this video, can you come up with any other examples of endurance exercises that you didn't think of earlier?
 2. Did you learn any new things about the benefits of performing endurance exercises?
2. **General Warm-Up** (Video 2) - The next component will be a series of physical exercise warm-up movements. Each student will need some space to exercise about 5-10 yards if possible.
3. **Teaching/Skill:**
4. **Activity:** Show **Dance** Video (Video 3, recommended for 6th grade) or **Floor Circuit** Video (Video 4, recommended for 7th-8th grade; will need to set up two markers about 10 yards apart.)
 - a. Upon completion of the activities, (within 30") have the students take their HR again
 - i. Did anyone's HR change after the exercise?
 - ii. Why does your HR increase during exercise?
 - b. Have students participate in relay races or **Plank Challenge** (Video 5) to reinforce the concept of Endurance
 - i. Have students test their heart rate before and after
5. **Cool Down:** have students test their heart rate before and after (it should be slower!)



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Optional:

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SCORE SHEET

Name _____

Challenges

Week	ACTIVITY	Date	Date	Date	Date
2	Plank Challenge (seconds held)				
3	Knee Taps in a minute (# taps)				
4	Ball Dribble Challenge (# of dribbles)				
5	Burpee Challenge (# of burpees)				



6th-8th Grade Lesson 2:

EXTENSION ACTIVITIES

- How to measure your pulse:
 - <https://medlineplus.gov/ency/imagepages/19395.htm>
- Physical activity resources:
 - <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

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 laterally by quickly shuffling your feet. Go both directions.

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.