

Audience: Grade 4 / 5 science class

Objectives:

- Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.
- ways to monitor and adjust physical exertion levels
- how to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games

Materials:

- Heart smart booklet
- Cones
- Field
- ?pool noodle tagger?
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Activities:

- Heart rate finder activity
- Octopus
- Camouflage

Shape of the lesson

- 1) Demonstration and heart rate learning/ heart smart activity
- 2) Main game
- 3) Ending thoughts

| Time | Teacher activity | Student activity |
|------------|--|--|
| 20 minutes | <p>Explanation/ demonstration/ modeling</p> <ul style="list-style-type: none">- Start without the books or with the books closed and explain <i>"The pulse is the beating of your heart in your artery, your artery is like a pump that helps your heart move blood through your body. The more your body moves the faster your heart pumps to get oxygen to your muscles using your blood. Today we are going to see how different activities affect your heart rate.</i>- Demonstrate proper pulse checking technique using two fingers to find the pulse in your | <p>Heart Smart Heart rate check on page 21 (picture of page found below)</p> <ul style="list-style-type: none">- The students will have time to look through the book and demonstrate their understanding of how to check a pulse.- Once the students understand how to check for a pulse they will find it after doing a variety of activities at a variety of levels of physical exertion |

| | | |
|------------|---|--|
| | <p>wrist or your neck, make sure not to press too hard, (check for understanding and have a student demonstrate how to find the pulse)</p> | |
| 20 minutes | <p>Octopus</p> <ul style="list-style-type: none"> - <i>"To play octopus we will need one 'it' who will stand in the middle and try and tag the other students. If the students get tagged they are seaweed and must stand still and try to tag the other players. If I call 'tsunami' the seaweed is allowed to move to tag other players.</i> - <i>Have a student demonstrate good tagging</i> - <i>Ask "if your tagged what happens"</i> | <ul style="list-style-type: none"> - The students will help set up octopus then participate in the game - When the game is over they will find their heart rates - Modification: if I say 'heart rate check' the game stops and everyone finds their pulse and measures it for one minute counting each beat" the game will then resume |
| 5 minutes | <p>Closure</p> <ul style="list-style-type: none"> - Ask questions, "what made your heart rate the highest?" - "How could you tell when your heart rate was high without counting?" - "Why is it good to have a high heart rate/ to exercise?" | |
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heart beat tracker

1. Complete each of the activities; after each activity, count your pulse for a minute.

| ACTIVITY | HEART BEATS IN A MINUTE |
|---------------------|-------------------------|
| Sitting | |
| Standing | |
| Walking on the spot | |
| Jogging on the spot | |
| Jumping Jacks | |
| Other activity: | |
| Other activity: | |

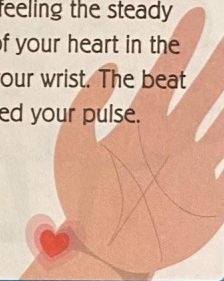
Finding Your Pulse!

You can feel the blood pumping through your body by putting two fingers on the inside of your wrist on the thumb side.

Press down gently.

Can you feel the beat?

You are feeling the steady beating of your heart in the artery in your wrist. The beat is called your pulse.



2. My heart was getting more exercise when I was:

3. My heart was getting less exercise when I was:

Heart Facts

- The heart of an average adult human being will beat 72 times in a minute
- The heart of a young child will beat 100-120 beats in a minute
- The heart of a well-trained athlete can beat as slowly as 40 times a minute
- The human heart beats about 100,000 beats per day
- The heart beats slower when the body is resting or sleeping
- The heart beats faster during exercise
- The heart is a muscle and needs exercise to keep strong and healthy (60 minutes, 7 times per week)