

Heart Rate Activity Lesson

Lesson Title: Heart Attack II and Heart Rate Activity Stations

Grade Level: 3rd, 4th and 5th

Goals and Objective:

To develop awareness of heart rate and its relationship to activity through the use of a heart rate monitor.

To begin to understand which types of activities will help to create an increase in personal heart rate and which may allow heart rate to decrease.

Activities and Procedures:

1. Read the check in sign and follow the directions:

- Get a partner and put on a heart rate monitor.
- Check to see HRM is working.
- Walkers Warm up: try to get your heart rate between 100 and 120 (zone 1)

2. Once the students have all begun to walk, check to see how many are in the requested zone.

3. If most are in the zone, begin the first activity. Discuss methods to get into the zone if currently below or above.

Activity #1 Heart Attack II (Joe Gallo/ Justin Fee)

The object of the game is to retrieve one heart fact card from each team before any other team completes the same task.

- Divide the class into groups of three (3) to four (4) players.
- Give each group a set of valentine cards with the same heart fact written on them.
- Place the heart cards inside a hoop for each group.
- Groups may not guard their hoop during the game. (offense only game)
- Each team attempts to recover one of each fact card and return them to their own hoop.
- Select a number ahead of time and end the round if any team should collect that many different card types (ex: 5 of 6 possible)
- Also try a round where you have to attempt to get all of the same heart fact and return to your group's hoop.
- Choose one team to play defense for a round and see how the length of the game changes. This team is no longer trying to win the game, but instead attempting to prolong the game by stealing cards so no team can get a full set.
- Discuss strategy and heart facts during breaks in the action.

Activity #2 Heart Rate Activity Stations

- You can use any activity, skill, or fitness station with this chart.
- Have the students record their heart rate as they arrive at the station; then they may play the activity.
- As they leave have them record the heart rate (and find the difference).
- Use this to create conversation and thinking concerning heart rate, activity choices and ultimate desired outcomes

Questions:

- Which station had the greatest **increase** in your heart rate? Why do you think?
- Which station had the greatest **decrease** in your heart rate? Why do you think?
- Which activity did you like the best? What type of heart rate did you observe?

<u>Check in Heart Rate</u>	<u>Check out Heart Rate</u>	UP ↓	DOWN ↑	<u>Difference in Heart Rate</u>
<i>ex: 123</i>	<i>145</i>		↑	<i>13</i>

Reflection:

Provide a demonstration of personal effect of activity on heart rate. Help to determine future fitness exercises to use to achieve exercise goals.

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