



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade Level 4

Unit **Cardiorespiratory Endurance**

SOLs:

- 4.2a Identify and describe the major components of the cardiorespiratory system, to include heart, lungs, and blood vessels.
- 4.3a Describe the components of health-related fitness and list associated measurements (cardiorespiratory endurance/aerobic capacity, muscular strength and endurance, flexibility, body composition).

Title: **Beanbag Toss Relay**

Objectives/ Goals:

- Students will demonstrate good social skills by working within a group and with a partner. (affective)
- The student can make connections between the activities and various body systems/the five components of fitness. (cognitive)
- The student can feel the heart beating faster as they increase their physical activity level. (health-related fitness)
- The student can perform tossing activity using the proper steps. (psychomotor)
- The student can explain how the heart gets oxygen from the lungs and takes it all around the body and brings carbon dioxide back to breathe out.

Materials:

- Various types of balls (weighted, yarn ball, whiffle ball, tennis, small, large, medium, etc.)
- Hula-hoops
- Cones
- Polyspots

Procedure:

- **Engage:** Today we are going to do an activity called Beanbag Toss Relay.
- **Explain:** We will be working on tossing from various distances using the same steps for accuracy.

Activity 1: Beanbag Toss Relay

- The teacher will divide the students into groups of 2-4 students.
- The teacher will explain that we will be performing tossing activities that require cardiorespiratory endurance exercises as well as tossing skills.
- Students will utilize locomotor movements given by instructor.

Modifications:

- Student will use upper extremities to move his/her wheelchair to/from target back to the starting point. Student will move as fast as possible keeping safety in mind.
- The first activity we will be utilizing beanbags and hula-hoops.
- Each group will have two hula-hoops set up vertically in front of them.
- On the signal "go" the first student will try to toss the beanbag into the first hoop
- If successful, they will move the 1st hula-hoop in front of the 2nd hula-hoop
- If unsuccessful...they do not move the hoop.
- Student's partner will move hula-hoop if the "trash grabber" or "trash picker" is too difficult to maneuver the hula-hoops.
- Student will be given a partner on their team. Student will have his/her own set of hula-hoops to move upon successful toss. Students will take his/her turn each time his/her partner does. Student will be given a "trash picker" or "trash grabber" to retrieve their own beanbag and bring it back to the starting point.
- They will run, get the beanbag, and give it to the next person.
- Student will wait for partner's turn to complete relay/will not have to pass a beanbag to anyone.
- This will continue until the time expires or until the first group successfully reaches the end (the opposite sideline).

Assessments, References & Sources:

- Focused Fitness Five for Life Basic Curriculum