

Heart Health

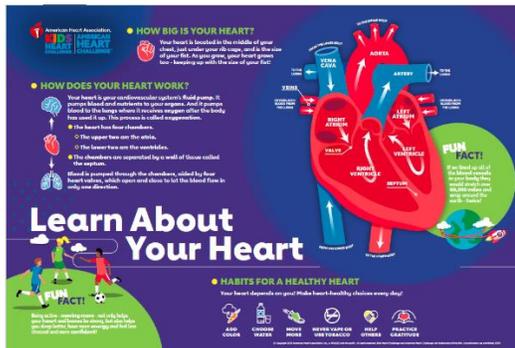
Learning Objectives

- I can explain how physical activity, sleep and personal health habits and behaviors affect the heart.
- 5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

Physical Health/Disease Prevention/Health Promotion

- a) Explain the effects of physical activity, sleep, and personal health habits and behaviors on heart health.

Teacher Notes



Credit American Heart Association

- Heart rate: measured in beats per minute; count pulse for 10 seconds, multiply by 6 to find your beats per minute.
- Resting heart rate; when your body is pumping the lowest amount of blood you need because you are not exercising.
- Your heart is located in the middle of your chest, just under your rib cage and is the size of your fist. As you grow, your heart grows too.
- Your heart is your cardiovascular system's fluid pump. It pumps blood and nutrients to your organs. And it pumps blood to the lungs where it receives oxygen after the body has used it up. This is the process of oxygenation.
- The heart has 4 chambers- the 2 upper are the atria, the 2 lower are the ventricles. The chambers are separated by a wall of tissue called the septum.
- Blood is pumped through the chambers, aided by four heart valves, which open and close to let the blood flow in only one direction.

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Hold up a picture of the heart. Ask students to identify what it is and where it is located. Question students why they think it is important.

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Introduce the heart. Using heart facts discuss the heart with students. Explain the relationship between heart rate and cardiorespiratory fitness and why it is important to have a healthy heart. Also discuss with the students about how having a healthy heart can affect many aspects of life.
- Have students turn to a partner and share an activity they do that keeps their heart healthy. After about 1 minute have students share activities with the class. Tell students that jumping rope is one of the best activities we can do for our hearts. Ask students if they can share why they think this is true.
- Demonstrate today's activity of jumping rope. Have the students pay close attention to what is happening with their heart when finished with each station. This can lead to a discussion at the end of class or to begin next class.

*Step 3 (Application – how student will apply/practice new learning) *2 choices**

1. Every Jump Counts Jump Rope station lesson-See attached (This lesson is written by: Sylvie Colette • edited by: Sarah Malburg • updated: 2/28/2014.)
2. Paper Heart Game (Credit: Coach Gerald)
 - For this activity you will need a class timer and a paper heart for each student.
 - Each student begins with the heart on their head and hands at their sides. On go the student leans forward so the heart falls off their head. They attempt to catch the heart with their hands. If they catch it they get a point, if not they do not get a point. The student then does a jumping jack and places the heart back on their head. The game continues in this manner until the time runs out (1 minute).
 - Have students notice how their hearts are beating and how their breathing is changing.
 - Play again. The time can be increased or decreased.

Assessments

- Exit Ticket: As students are standing in line at the end of class have them each share a heart healthy habit or activity they can do to keep their heart healthy.

Extensions/Connections

- The Circulatory System explained for kids: <https://www.youtube.com/watch?v=W3PwEiqxl7g>
- How your Heart Works: https://www.youtube.com/watch?v=eVG45_iF9U
- Exploring the Heart: <https://www.youtube.com/watch?v=-s5iCoCaofc>

Handouts

Every Jump Counts!

How many jumps in a row today? _____

Station One

_____ Double Bounce: Jump twice for each rotation of the rope

_____ Single Bounce: Jump once for each rotation of the rope

_____ Double Foot: Both feet take off and land together

_____ Single Foot: Jump with only left foot or only right foot

Station Two

_____ Side Swing. Holding handle together, swing the rope from one side of your body to the other. When you are ready, open your hands, swing the rope down and jump.

_____ Skier: With feet together, jump from side to side, like you are skiing.

_____ Bell: With feet together, jump back and forth, like a ringing bell.

_____ Side Straddle: This is the bottom of a jumping jack. Open and close legs with alternating jumps.

Station Three

_____ Front Straddle: Land with one foot in front and the other in back. When you jump, switch positions of the legs. Land with opposite leg in front and other in the back.

_____ X-Straddle. Legs land apart. Jump and cross legs, land with legs crossed. Jump again and land with legs apart.

_____ Heel Touch. Jump and touch one heel to the ground in front. Jump again and touch the opposite heel to the ground in front.

_____ Jogging Step. Turn the rope and step over with one foot, turn the rope again and step over with the other foot. It looks like a jogging in place.

Station Four

_____ Front Cross. Cross arms in front of your body and jump through the loop you made in the rope.

_____Wounded Duck. Land with your toes pointed in, jump again and land with toes pointed out.

_____Double Under. Jump high and turn the rope as fast as you can. Try to get the rope under your feet twice before you land.

_____Triple Under. Jump high and turn the rope as fast as you can. Try to get the rope under your feet three times before you land.

Learning the Ropes: Jump Rope Fitness Lesson for Elementary Students

written by: Sylvie Colette • edited by: Sarah Malburg • updated: 2/28/2014

Introduce your elementary physical education classes to jumping rope. This step by step, jump by jump approach allows the students to learn progressively harder skills and outlines their progress too. Jump rope is a life long fitness activity.

- The popular Disney program, *Jump In!*, introduced jumping rope as a sport fitting into pop culture. This fitness lesson plan, "Learning the Ropes" for physical education class for elementary schools, gives students a taste of the basics while introducing progressively harder skills and techniques.
- **Lesson One Overall Objectives**



- Students will learn:
 - a fun warm-up routine
 - new exercises and skills using a jump rope
 - how to keep track of progress
- Students will demonstrate;
 - new warm-up routine
 - new jump rope skills (both basic and advanced)
 - improvement in their written goals
- You can easily tie this lesson into discussions on cardiovascular fitness and lifelong health as well.
- **Materials**
 - Begin this lesson with a little prep work. Each student will need a folder with "[Every Jump Counts!](#)" handout to record their progress. This simple chart has a place to record their jumps and skills. It will help the students keep track of their progress and set simple goals for themselves.

- Each student will also need access to a jump rope. Although this lesson can also be easily adapted to less ropes if necessary. You can use either one rope to a pair, or one for groups of three or four, there are not enough ropes for each, individual child.
- Print out additional copies of Every Jump Counts! to place at each station.
- **Warm Up - Retriever**
 - This beginning activity includes both their warm up and handing out the jump ropes.
 - Place all the jump ropes along one side of the room.
 - Have the students line up on the other side of the room.
 - Explain that on your signal, they will quickly and quietly crab walk to the ropes.
 - Each student will choose a jump rope, drape it over their shoulders
 - Do long lunges back to the wall. Demonstrate how to safely do a long lunge.
- **Jump Rope Skill Training**
 - In order to see where your class's skill level lies, go through this simple orientation. It may be common knowledge for the majority of the students, but offering the basics to everyone is helpful, even for those who have some idea on how to proceed. The students who need extra help can stay behind with a classroom aid if necessary before proceeding.
 - Objectives:
 - Students will learn how to size a jump rope for their own body size.
 - Students will jump a self-turned rope.
 - Explain the following to the class:
 - Measure the proper sized jump rope by standing in the center of the rope and pulling the ends up so that it reaches from armpit to armpit.
 - Hold the ends of the rope loosely in fingers, with thumbs on top of the rope.
 - Keep elbows close to the body.
 - Swing rope over head, when it meets your feet, jump over it.
 - Have the students practice this basic jump rope skill. Encourage them to try again and again.
 - Count how many times they can successfully clear the rope. After 5 minutes, have them fill out this amount on their paper.
 - **A List of Jump Rope Skills**
 - There are several jump rope skills or techniques that the students can attempt. Setting these up as stations around the room allows all the students to learn the various tricks that are employed by jump rope teams. Have a helper available to explain and demonstrate the moves if possible.
 - Station One
 - Double Bounce: Jump twice for each rotation of the rope
 - Single Bounce: Jump once for each rotation of the rope
 - Double Foot: Both feet take off and land together
 - Single Foot: Jump with only left foot or only right foot
 - Station Two

- Side Swing. Holding handles together, swing the rope from one side of your body to the other. When you are ready, open your hands, swing the rope down and jump.
- Skier: With feet together, jump from side to side, like you are skiing.
- Bell: With feet together, jump back and forth, like a ringing bell.
- Side Straddle: This is the bottom of a jumping jack. Open and close legs with alternating jumps.
- Station Three
- Front Straddle: Land with one foot in front and the other in back. When you jump, switch positions of the legs. Land with opposite leg in front and other in the back.
- X-Straddle. Legs land apart. Jump and cross legs, land with legs crossed. Jump again and land with legs apart.
- Heel Touch. Jump and touch one heel to the ground in front. Jump again and touch the opposite heel to the ground in front.
- Jogging Step. Turn the rope and step over with one foot, turn the rope again and step over with the other foot. It looks like jogging in place.
- Station Four
- Front Cross. Cross arms in front of your body and jump through the loop you made in the rope.
- Wounded Duck. Land with your toes pointed in, jump again and land with toes pointed out.
- Double Under. Jump high and turn the rope as fast as you can. Try to get the rope under your feet twice before you land.
- Triple Under. Jump high and turn the rope as fast as you can. Try to get the rope under your feet three times before you land.
- **How Did You Do? Chart Progress**
- Stretching
- A cool down and discussion is a good way to end this high intensity class.
- Have the class grasp their ropes with their hands about shoulder width apart.
- Stretch up to the sky
- Side bend to the right
- Side bend to the left
- Twist at waist
- Turn the ropes back in and talk about their goals. Are they close to mastering a new skill? Are they able to practice outside of school?
- Have them finish up their charts and turn them in.
- Encourage the students to get their own jump ropes and continue progressing through their skill charts at home. Learning jump rope skills is not easy, but the fitness benefits are immense.

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5th Grade- Heart Health
PWCS- Maria Trochan