

LESSON PLAN

II. Specific Objectives * Enrichment Objectives ** Remedial Objectives	Ind. #	III. Procedure A. Introduction/Motivation B. Study/Learning Activities C. Culmination D. Follow-up (Include directional statements for evaluation and any enrichment or individual activities)	IV. Materials/Resources	V. Evaluation related to objectives
		<p>A. Intro/ Motivation</p> <p>1. Call class to attention by having them write about a time that they participated in some form of activity that caused them to become short of breath.</p> <ul style="list-style-type: none"> • Tell students to take out a piece of notebook paper and pencil. • Call on several students to share what they have learned this week about exercises and their heart rate with the class. <p>2. Inform students that today we are going to be reviewing everything we learned this week about the different exercises and heart rate.</p> <p>3. Inform students that they will now be receiving a KWL chart.</p> <ul style="list-style-type: none"> • Pass out KWL chart to each student • Tell students that the K column is what you know, the W column is what you want to know, and the L column is what you learned. • Inform students that we will be only using the K and W columns of the chart. • We will fill the L side later on in class. • Inform students that today we are going to fill in the chart as a class. • Call on several students to name some they know that we learned this week in class • Call on several students to name one thing that they didn't learn this week and would like to know about the different exercises and how they strengthen the heart. • Chart these answers on the KWL chart drawn on the board. • Remind students that we are going to fill in the L side later on in class. • Tell students to place their KWL charts under their desk for future use. 	<p>Notebook Paper and Pencil</p> <p>KWL chart: Attachment # 1</p> <p>Classroom Board</p>	

I. Main Ideas/Conceptual Understandings/Goals: To understand how the different exercises help strengthen the heart.

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<p>Objective: With the use of resources, the student will create an exercise plan that correctly incorporates at least 6 different ways to help strengthen the heart and justify why each strengthens the heart. (Creating)</p>		<p>4. Inform students that everything that they learned this week will help them live a healthy life. 5. Tell students that by the end of the lesson they will be able to create an exercise plan and explain how each different exercise in their plan helps strengthen the heart in some type of way.</p> <p>B. Study/Learning</p> <p>1. Inform student that today we are going to be reviewing everything they learned this week about the different exercises and the heart. 2. Review the students on what the word "pulse" mean..</p> <ul style="list-style-type: none"> • Note if no response tell students that a pulse is your heart beat. • To students that a pulse can be found on parts of the body where arteries lie close to the surface. • A pulse beats at the same rate as the heart. • A normal pulse for an adult is 60 to 100 beats per minute at rest. • This means that a person's heart will beat 60 to 100 times while they are not doing anything at all. <p>3. Review the students on the different exercises we studied this week.</p> <ul style="list-style-type: none"> • Remind the students that the following exercising are good for aerobic exercises and are good for the heart and the blood flow of the heart: running, cross-training, cycling, swimming, and etc. • Remind the students that swimming strengthens the heart muscles and reduces blood pressure. • Remind the students that running/walking/ jumping jacks/ and step aerobics helps increase oxygen, improves endurances, and reduces blood pressure. <p>4. Review students on the different sports we studied this week for health.</p> <ul style="list-style-type: none"> • Remind the students that baseball is a great way to get your heart pumping and your blood flowing in your body • Remind the students that basketball does not raise your heart rate as much as baseball. 		

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		<p>5. Ask the students if they have any questions about anything we have covered this week about the different exercises, sports, and their heart rate.</p> <p>Guided Practice: Math</p> <p>6. Tell the students they will be participating in an activity to help them review everything they learned this week in health.</p> <p>7. Divide the students into groups of four to create a chart showing which exercise they thought strengthened the heart the most.</p> <p>8. Tell the students that when they are done they will present their charts to the class.</p> <p>Independent Practice: Language Arts</p> <p>9. Tell the students that they will be participating in another activity to help them review everything they learned this week in health.</p> <p>10. Tell the students to take out a sheet of paper and write a paragraph explaining everything they learned this week about personal health and the different exercises we covered.</p> <p>11. Tell the students that when they are done they will each present their paragraphs.</p> <p>C. Culmination</p> <p>1. Tell the students that they will participate in another activity that will help them review what we covered this week in health.</p> <p>2. Tell the students that we are going to play a review game that will help them review everything they learned for the assessment.</p> <p>D. Follow-Up</p> <p>1. Tell the students to take out a sheet of paper for the last activity of the day.</p> <p>2. Tell the students to create an exercise plan based on the information they learned this week about the different exercises and the way each of them strengthens the heart.</p> <p>3. Tell the students to make sure they choose at least two different exercises and to make sure they justify why they think those exercises</p>		

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		<p>would be great for their daily exercise plan.</p> <p>4. Tell the students to make sure they take their time and come up with some good justifications to each of the exercises they choose. Tell the students to also make sure they include at least six ways that both of those exercises help strengthens the heart based on everything they learned this week in health.</p> <p>5. Tell the students that when they are done to put their paper in the assignment tray and take out their AR books to read.</p> <p>6. Tell the students that there will not be any homework for tonight.</p>		<p>Evaluate each students assessment by checking for all the components using a checklist.</p>