



**FITNESS CURRICULUM
LESSON PLAN 2**



Lesson 2-Aerobic Exercise

Primary Subject: Health

Objectives:

- Students will learn how to take their pulse and why exercise is important for their hearts.

Materials:

- A stop watch

Introduction:

1. Anticipatory Set

- Ask students why exercise is important/ good for you?
 - Remind them what they learned in the last lesson about how exercise burns calories, makes your body stronger, and releases endorphins (hormones that are released into your body that make you feel good when you exercise).
 - In particular, remind students how exercising makes your heart stronger.

Major Instructional Sequence:

- Ask students if they know what aerobic exercise is?
- Review the definition with them.
 - **Aerobic** means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen. This makes your heart pump more quickly to move the oxygen. When this type of exercise is performed it makes your heart stronger.
 - Aerobic activity can get your heart pumping, make you sweat, and quicken your breathing.
 - When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.
 - Ask students if they can come up with examples of Aerobic Exercise?
 - E.G. swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!
- Pulse Activity:
 - Take pulse sitting down at your desk
 - Use two fingers (NOT YOUR THUMB) and put them right below your wrist to find your pulse
 - Count the beats for 30 seconds
 - Multiply the number you get by two → this is your heart rate in beats per minute
 - Teach lots of different types of jumping jacks
 - Take pulse again
 - Explain that their pulse was faster the second time because it was pumping faster to provide more oxygen. Emphasize that it is important for your heart to work hard like this so it can get stronger.

Concluding Sequence:

- Review the definition of Aerobic Exercise.
- Have each student comment on the type of exercise they are going to do to make their heart healthier.

Background:

Students will learn why exercise is particularly important for heart health.



Vocabulary:

Aerobic Exercise- is a kind of activity that requires oxygen. When you breathe, you take in oxygen. This makes your heart pump more quickly to move the oxygen. When this type of exercise is performed it makes your heart stronger.

