



# Elem PE Virtual Learning

# **5th Grade-Heart Rate**

April 6-10, 2020



## 5th Grade PE

### Lesson: April 6th-10th

### **Learning Target:**

Students will measure their Rate rate before and after exercise

## **Background: This is a review lesson from 4th Grade**

- I can recognize what systems work together to move your body. (e.g. muscular & skeletal) (beginning of year)

### **Safety:**

#### **Be Safe and Be Supervised**

As with all physical activities, make sure you find enough space to perform safely. Always ask parents for permission before performing any activities

# Let's Get Started:

- Check Your “Resting Heart Rate”

- Set timer for 10 seconds
- Find your pulse
- Count # of beats
- Multiply # of beats by 6
- Watch Video



- Warm up- Stretch upper body and lower body

- Watch the video and mimic the movements of stretching
- Upper body- arms across, arms over the top, arm circles
- Lower Body- feet together toe touches, feet apart toe touches



## Description:

- While sitting at home you may find yourself watching tv or playing your favorite games A LOT!!! Tv shows last an average of 30 minutes. Commercials or load times in your video game can be a pain. What can I do during this time to get all this energy out and burn calories?

## Activity:

- Every time there is a commercial or load time;
  - get up and find an open space in your home
  - Do 20 repetitions of your favorite exercise
  - Repeat for every commercial for as many tv shows as you would like

- **Closing:**

- Measure your heart rate after the exercise



## Self Check:

Go tell someone in your home your Heart Rate after the exercise. What was the difference between the two heart rates?

1. Was this lesson?

- ☐ easy,
- ☐ just right
- ☐ hard



2. Have a parent or sibling perform the exercises with you!!