



# Elementary Physical Education Virtual Learning

# Kindergarten

April 13-17 2020



# Kindergarten Physical Education

## Lesson: April 13-17, 2020

### **Learning Target:**

I can identify where my heart is located and find my heart beat by myself

Please always practice safety with each exercise and movement.

**Background: We have learned about our major body parts and why our heart is important to our body**

**Let's Get Started:**

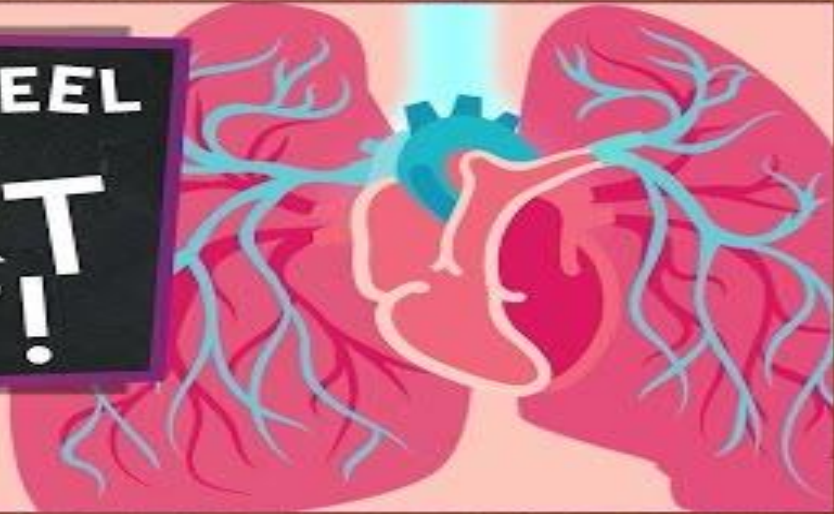
Watch these videos to warm up your body and muscles before our work-out

1. [I Get Loose](#)
2. [Get Yo Body Movin'](#)

# The Heart: Why is it Important?

HOW TO FEEL  
YOUR  
HEART  
BEAT!

Sci Kids!



# The Heart: Finding Your Heart Beat



**We will be finding our heart beat after each challenge today.**

**Always use two fingers when finding your heart rate.**

**They need to be your Index and Middle fingers.**

**Place your fingers where your neck meets your jaw and lightly press in for 10 seconds.**

**And presto! There's your heart beat!**

# Challenge #1: Avengers' Bootcamp



Remember.  
They are Super Heros.  
If you need a break,  
take it! You can go at  
your own pace.

Watch this [video](#) & participate!

At the end, find your heart beat  
for 10 seconds.

Is your heart beating slower or  
faster than when you first found  
your heart beat?



Remember:  
Yoga is slow paced  
and you should  
always feel a  
stretch...so relax.

## Challenge #2: Spider Man Yoga

Watch this [video](#) & participate!

At the end, find your heart beat for 10  
seconds.

Is your heart beating slower or faster  
than when you finished the Avengers'  
Bootcamp?



## Battle of the Exercises

Perform the following exercises. And after each one, find your heart beat; then compare which exercises makes your heart beat faster

1. 10 Jumping Jacks vs. 10 push-ups
2. Walk in place for 1 minute vs. Jogging in place for 1 minute
3. Walk up and down stairs for 1 minute vs. stretching your body for 1 minute

To challenge yourself and your heart some more, try these videos, too:

[Can't Stop The Feeling-Just Dance](#)

[Old Town Road-Just Dance](#)



## Self Check:

Go tell someone in your home your answers.



1. Was this lesson

easy

just right

hard

2. Go up to a family member and show them how you find their heart beat.