

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Heart Healthy Stations with Exit Slip	
<b>Submitted by</b>	Alexandra Fowler
<b>National Standard(s)</b>	PE: <ul style="list-style-type: none"> <li>Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</li> <li>Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</li> </ul> Health Ed <ul style="list-style-type: none"> <li>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</li> </ul>
<b>Grade Level Outcome or Performance Indicator</b>	Grade-Level Outcomes (PE): Engages in the activities of physical education class without teacher prompting. (S3.E2.3) Actively engages in the activities of physical education class, both teacher-directed and independent. (S3.E2.4) Actively engages in all the activities of physical education. (S3.E2.5) Discusses the relationship between physical activity and good health (S5.E1.3) Examines the health benefits of participating in physical activity (S5.E1.4)
<b>Activity Objective</b>	<ul style="list-style-type: none"> <li>Psychomotor: The learner will demonstrate the following fitness activities/skills jumping jacks, jump rope, hula-hoop, crab-walk, plank. The learner will participate in all of the heart stations. The student will demonstrate how to find their heart-rate.</li> <li>Cognitive: The learner will recall the names of the four chambers of the heart. The learner will describe the difference between the veins and arteries. The learner will explain what heart-rate is, how to find it, and its importance.</li> <li>Affective: The learner will support his/her group members at all of the stations. The learner will consistently apply safety practices and cooperate with all group members.</li> </ul>
<b>Grade(s)</b>	3-5
<b>Materials</b>	7-10 hula hoops, 4-6 jump ropes, 4 cones, 3-4 stop watches, 4-6 iPads
Activity Description	

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**Introductory Activities:**

First students will enter the gym and read the whiteboard. Students will then complete a three minute jogging warm-up. Next students will stretch and warm up while the teacher jogs around the students. After stretching the teacher brings the students together and using an iPad app checks his/her heart rate and shows the students.

He/she has students guess whether it will be higher or lower in a couple of minutes after no activity. Students discuss heart rate and exercise along with the benefits of heart rate training. The teacher demonstrates how to use the iPad to find heart rate and then takes his/her heart rate again. Students lead discussion on why teacher's heart rate has decreased.

**Lesson Focus:**

Students are split into groups (teacher splits up) and sent to stations where they begin reading cards and performing the activity. Teacher blows the whistle and has students rotate clockwise to the next station. Students will be at each station for 3-4 minutes. (See station cards at the end of this document for descriptions.)

**Conclusion/Assessment:**

At the end of the lesson the teacher will pass out a quick exit form worksheet for groups to complete. Groups must complete the exit slip before lining up to head back to class. This topic will be revisited next class as it is a part of the Heart Health unit. (See exit slip at the end of this document).

**Modifications**

***Include ways to modify this activity for advanced, lower level and inclusion students.***

**Differentiation/Inclusion:**

Stations can be modified to make easier or harder for students. Students can challenge themselves to do more of an exercise, go for a longer period of time, go faster, etc. For students who are struggling with jump roping they can do line jumps or jump over a jump-rope laid on the ground, the plank can be modified to a half plank or assisted plank. Pictures are included along with written directions for each station. Students will also have group members to assist them at each station.

## #1 ARTERY STATION

**Fact:** Arteries take blood **AWAY** from the heart to the body's muscles and organs.

**Exercise:** Have your teammates hold up the hula hoops while you crawl through the artery walls without touching the sides. If you touch the wall you need to restart.

## #2 Heart Pump Station

**Fact:** The heart is a strong muscle that pumps blood through your entire body.

**Exercise:** Jog 3 laps around the gym.

## #3 Lung Power Station

**Fact:** Your lungs expand (get bigger) as you inhale and they contract (get smaller) as you exhale.

**Exercise:** Do 50 Jumping Jacks

## #4 Cholesterol Buster Station

**Fact:** Cholesterol (cho-les-ter-ol) is a fat found in your blood. Some is good, but too much can clog arteries leading to heart disease.

**Exercise:** Hula hoop for 1 minute to bust out the cholesterol inside the blood vessels.

## #5 Veins Station

**Fact:** Veins bring blood back to the heart from the body's muscles and organs.

**Exercise:** Jump Rope for 1 minute to get blood pumping back to the heart from through the veins.

## #6 Chambers of the Heart

**Fact:** There are 4 chambers or rooms that divide the heart. They are the right and left atrium and the left and right ventricle.

**Exercise:** Crab walk around the 4 cones that represent the chambers of the heart.



## #7 Blood Vessel Station

**Fact:** Arteries, veins and capillaries are the tubes which blood moves through the body.

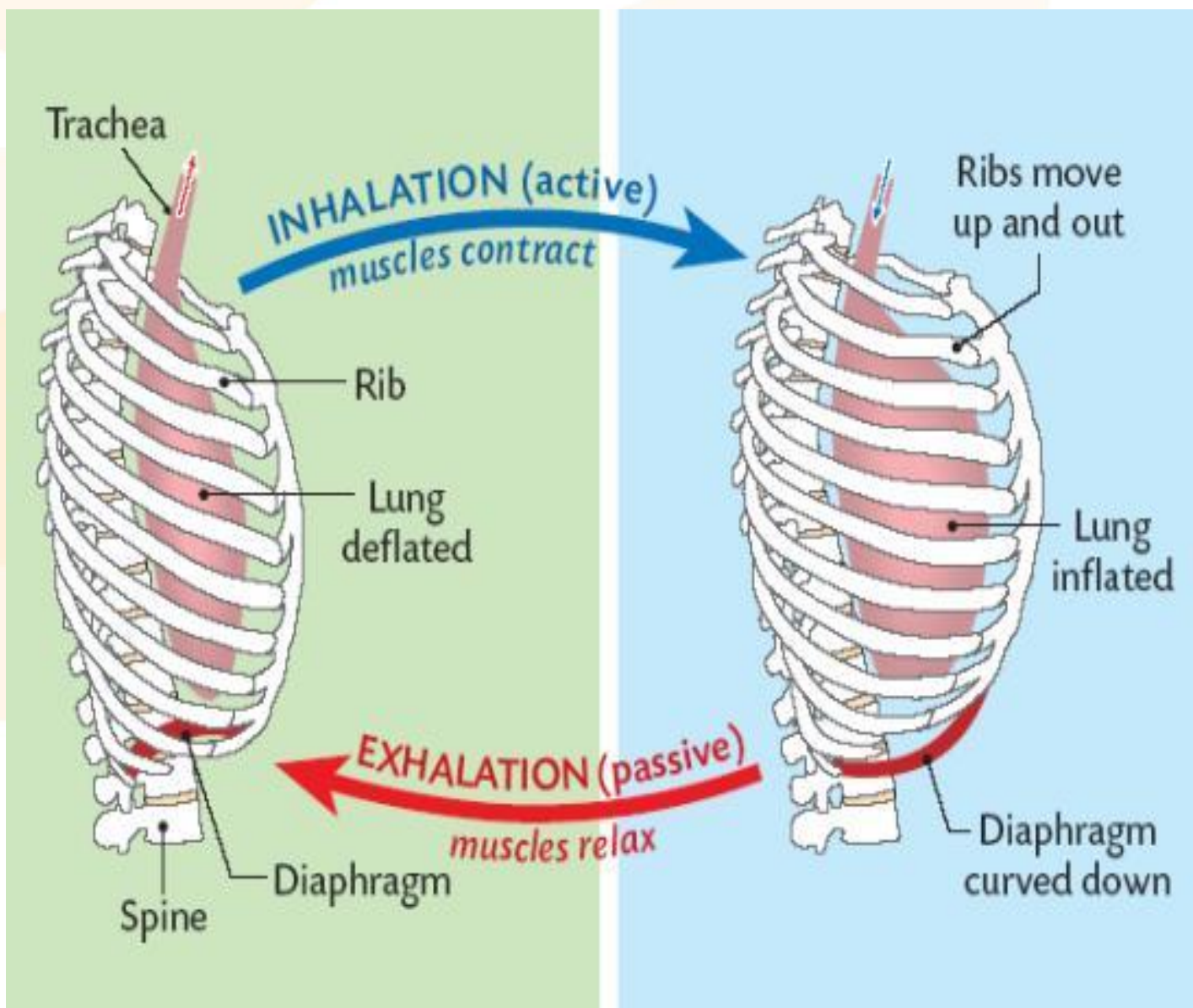
**Exercise:** Plank for 20 seconds 2 times.

## #8 Heart Rate Station

**Fact:** For children 6-12 years old a normal resting heart rate is 70-120 beats per minute.

**Exercise:** Take your heart rate and write it down, this is your resting heart rate. Complete 50 mountain climbers and check your heart rate again. Write down your new heart rate. What happened to your heart rate?

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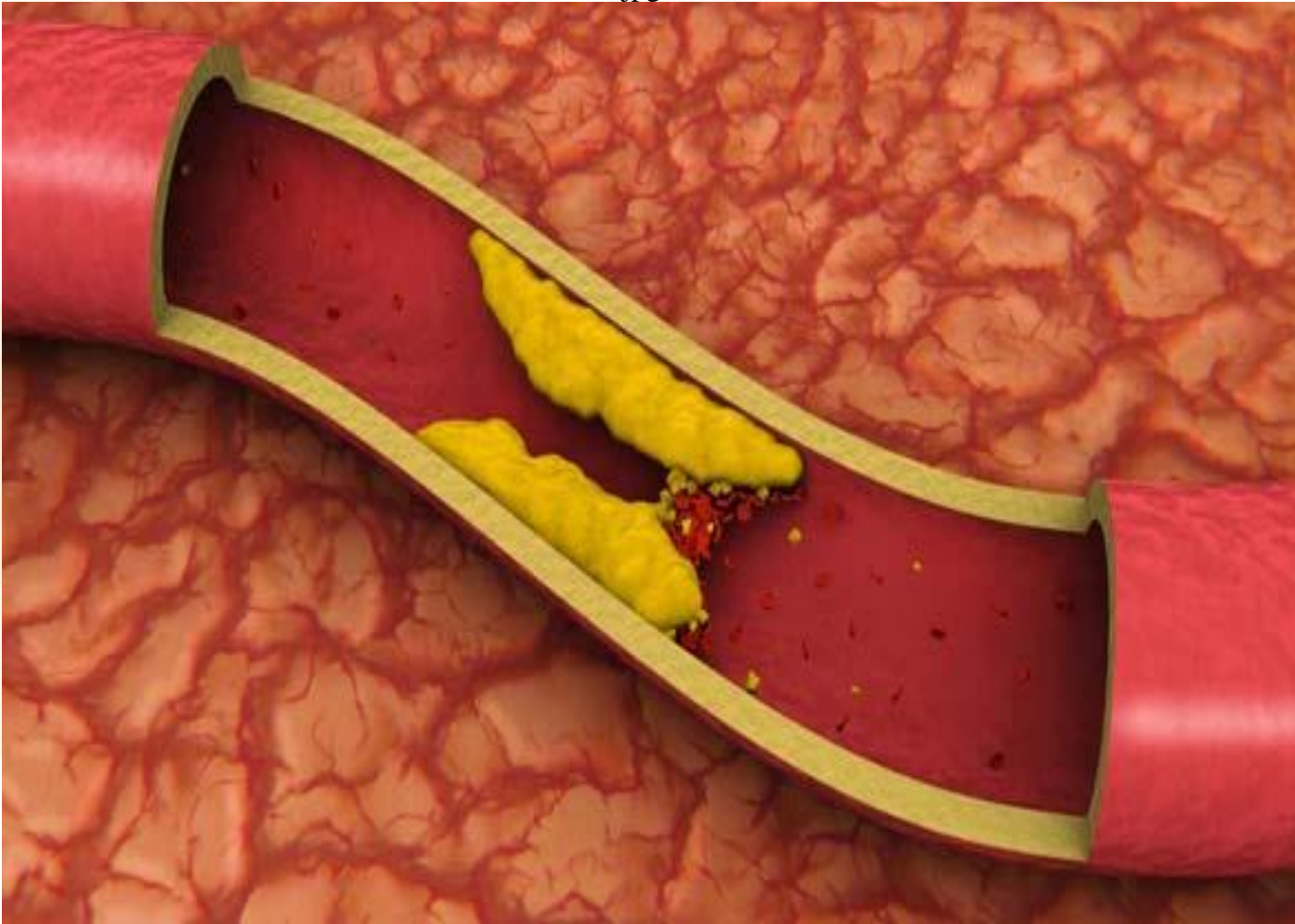


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<http://leavingbio.net/respiratory%20system/the%20respiratory%20system.htm>

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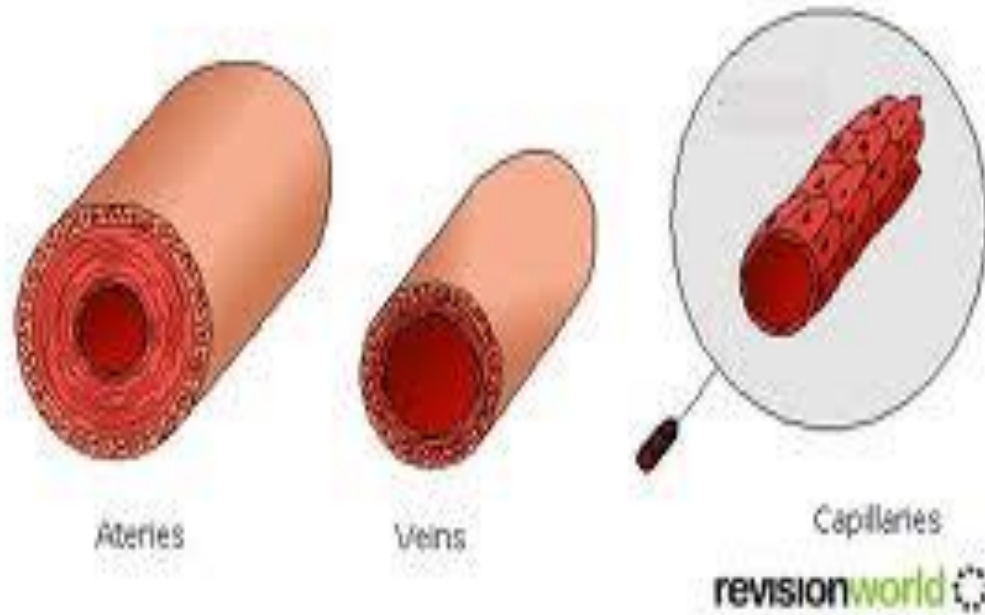
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## Heart Station Exit Slip

Group Member Names:

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1. What do arteries do?
  - a.) carry blood away from the heart to the muscles
  - b.) carry blood away from the lungs to the muscles
  - c.) carry blood to the heart from the muscles
2. True or false. The heart is not a muscle. \_\_\_\_\_
3. True or false. Your lungs get *smaller* as you exhale and get *larger* as you inhale.
4. What is cholesterol?
  - a.) a type of heart disease
  - b.) a type of fat in your blood
  - c.) a fat buster
5. True or false. Veins bring blood *back* to the heart from the *arteries*. \_\_\_\_\_
6. How many chambers of the heart are there? \_\_\_\_\_
7. Capillaries, arteries, and veins are the \_\_\_\_\_ which blood moves through the body.
  - a.) tubes
  - b.) muscles
  - c.) organs