Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Physical Activity
Grade 5
Lesson 3

Lesson 3: Physical Activity: How Much Am I Getting?

Curriculum Expectations:

- Describe the components of physical fitness and relate each component to an appropriate physical activity (e.g. cardiorespiratory – skipping; muscle endurance – abdominal crunches; muscle strength – push ups; flexibility – sit and reach) – *Please note that these terms have been replaced by "strength, endurance and flexibility" according to the Canada's Guide to Physical Activity for Children and Youth*
- Incorporate time-management and organizational skills in the goal setting process (e.g. set a realistic goal, identify and address barriers, prepare and action place, decide on who can help and identify how to know when the goal has been reached) related to physical activity or personal fitness

Objectives:

Students will:

- Recognize the effects that physical activity has on heart and lung health
- Monitor pulse rate before and after physical activity and will explain reasons for differences in pulse rates
- Assess current state of physical activity by recording active and non-active time for the period of a week

Suggested Outline

Section 1: Introduce Today's Lesson
Section 2: Discussion/Background Information
Section 3: Activity: Take your Pulse and Record Active and Non-Active time
Section 5: Conclusion

Section 1: Introduce Today's Lesson

Review heart and lung health as listed below with students. Instruct students on method to take a pulse and have them record their resting pulse and active pulse rates. Discuss reasons for heart rate change. Have students complete the quiz on diseases and problems the body can have due to a lack of adequate physical activity. Have students keep track of their active and non-active times for a period of a week as a beginning stage of the goal setting process.

Section 2: Discussion/Background Information

Our bodies are made up of many parts. Your heart, lungs, bones and muscles work together. Being physically active everyday helps keep our body strong and healthy.

What is the heart?
The heart is about the size of your fist and is located on the left side of you body closer to your chest's centerline. It beats between 75-110 beats per minute. Your heart pumps blood through the body and moves oxygen from your lungs to the rest of your body.

What are lungs?
Lungs are the hollow thin-walled pouches inside the chest. When we breathe in, oxygen is taken in through our lungs. Our lungs are lined with blood vessels, which absorb the oxygen and carry it to all parts of the body.

What are muscles?
Muscles help us move. They are attached to the bones and they help us move in different directions. The more active you are, the stronger your muscles become. Muscles need a lot of oxygen to grow and be strong.

How do the heart and lungs work together?
The heart works hand in hand with the lungs and is the main source of energy for the body. The lungs place oxygen in the blood stream and the heart pumps the blood to every part of your body.

How does physical activity help build strong bones and strengthen our muscles?
When you are active your muscles actually pull on your bones to strengthen, so they can handle all the movement we do when we are active. This is why it is very important to be active from a young age.

What is pulse?
Your pulse is the rhythm of heartbeat felt in wrist or neck. Pulse is also known as heart rate.

To find your pulse place two fingers on the inside of your wrist directly above your thumb (or on the side of the neck). Count the beats for 10 seconds starting at 0 and multiply by 6 to find the beats in 1 minute.

Cardiovascular fitness: heart, lungs and blood vessels are able to deliver oxygen-rich blood to muscles at a fast rate for a long time.

Section 3: Activity

Activity 1 - Taking Your Pulse
Give each student the pulse taking and tracking sheet. Teach students how to monitor their pulse. Have students take their resting pulse and record it on the tracking sheet, followed by 5 minutes of walking on the spot. Have students take the pulse after these 5 minutes of activity and record it on the sheet. Have students complete the questions at the bottom of the "Taking your Pulse" Worksheet. Facilitate a group discussion using the questions below.

What happened to your pulse? Was it different from the resting heart rate to the active heart rate?
The pulse increased from resting to active because when we are physically active our heart beats faster

Why do you think this happens?
The heart is made of muscle and the muscle gets stronger when you are physically active.

Why is physical activity good for your heart, lungs and muscles?
The heart is made of muscle and the muscle gets stronger when it works harder when you are physically active. Being physically active gets more blood to your muscles. Exercise helps your heart deliver oxygen rich blood to muscles.

Answers to Questions on Worksheet

Being physically active is good for my body because:

- it helps make my heart stronger
- along with healthy eating, it helps keep me from becoming overweight or obese
- it helps lower my risk for illnesses and diseases like heart disease, high cholesterol levels
- it makes me feel good about myself

I should be physically active for at least ___**30**___ minutes __**7**__ days a week

1. Find two diseases or conditions that affect the heart that are associated with not enough physical activity?
    - Obesity or overweight
    - Lack of physical activity contributes to heart disease, type 2 diabetes, cancer

2. What happens to our muscles and bones when we do not use them over a period of time?
    - Our muscles become stiff and won't work as well as they could
    - The strength of our muscles decreases and diminishes

3. What are some common problems associated with lack of flexibility?
    - Have a hard time bending, twisting and moving around
    - More injuries like pulled muscles, twisted ankles…

Activity 2 - Recording Active and Non-Active Time

- Pick a time frame of at least seven days to have students keep track of their active time for each day.
- Hand out log sheets to each student and explain time frame for monitoring active time. See attached for sample log sheet. It is important that students keep track of all the time they spend being active each day. You may want to set a time everyday during class time to have students take a minute to fill out their form. The log sheet requires students to list the day, a description of the activity (i.e. running, soccer practice) and time in minutes spent doing these activities.
- Log sheets will be used along with a worksheet during the next lesson

Section 4: Conclusion

Students should recognize the benefits of physically active on their heart and lungs. Students should reflect on their current physical activity level.