

④ February Lesson: Fitness is FUN!

Goals:

- Students will discuss the importance of cardiovascular exercise, strength training, and flexibility
- Students will practice these three types of exercise

Audience: 4th grade

Materials: Healthy Heart Log

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 4.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Lesson:

When you hear the word exercise, what do you think of? (running, sports, lifting weights, etc).

Exercise is simply moving your body for an extended period of time. We all have heard that it is important to exercise, but do you know why?

Exercise helps your body stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, and enables you to maintain a healthy weight. To keep your body healthy, exercise for 60 minutes a day. Exercise is fun! Kickball, swimming, riding your bike are all examples of exercise; can you think of other fun ways to exercise? (Distribute Healthy Heart Log)

Today we are going to talk about 3 different types of exercise and why it is important to do all three! First, there is cardiovascular exercise. This is the type of exercise that gets your heart beating fast and often leaves you short of breath. Cardiovascular exercise or 'cardio' helps strengthen the most important muscle in your body- your heart! The stronger your heart, the easier it is to do its job. In one day, your heart

pumps over 2000 gallons of blood, and that blood travels over 12,000 miles! Can you think of exercises that we can do to get our hearts pumping?

Before we get moving, everyone find their pulse (show carotid pulse point). When I say go, count the number of times your heart beats in the next 6 seconds. Multiply that number by 10. That is your resting pulse, or the number of times your heart beats in one minute while at rest. Write down your resting pulse rate on the Healthy Heart Log.

Everyone stand up! Spread out a bit. We're going to do some Mountain climbers.

- Get into the push-up position (arms straight), balls of your feet on the floor.
- Lift your right knee straight up towards your right arm, then back down.
- Bring knees in straight under your body.
- Repeat with your left knee to left arm.
- Increase the speed so your legs are moving up and down.

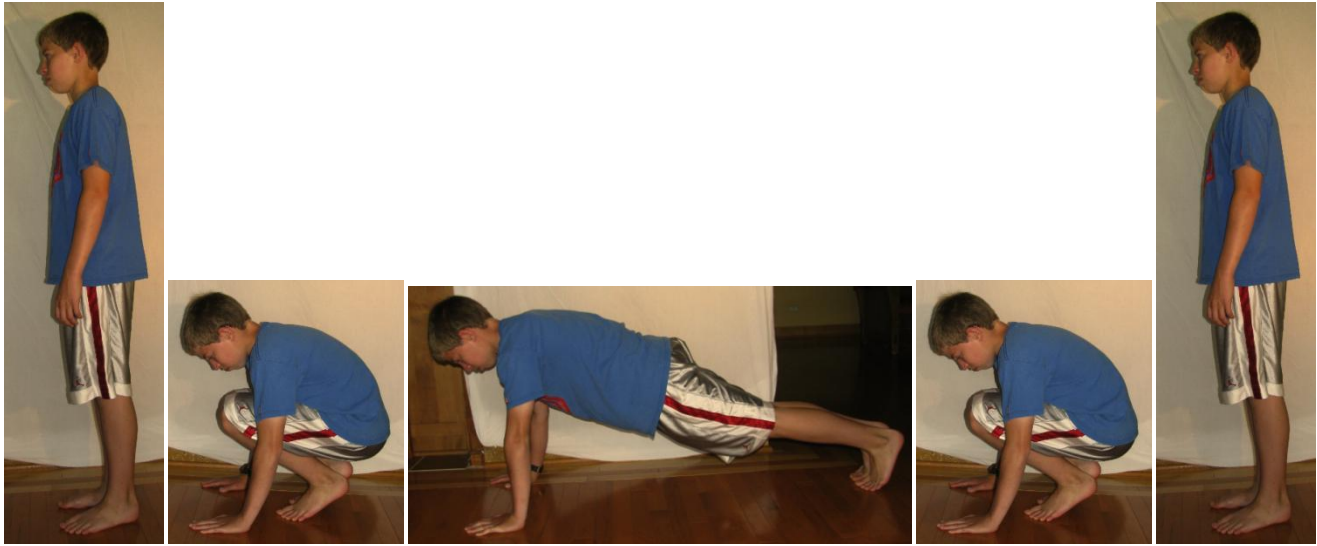


(Have students do this for 1 minute)

Now let's try some Marching Band Leg Lifts. Stand up tall and pull your belly in. Now bring one knee up to a 90 angle, switch legs. Continue to alternate your legs as fast as you can (for about 30-45 seconds).



We'll try one more exercise: Burpees. Repeat 10 times.



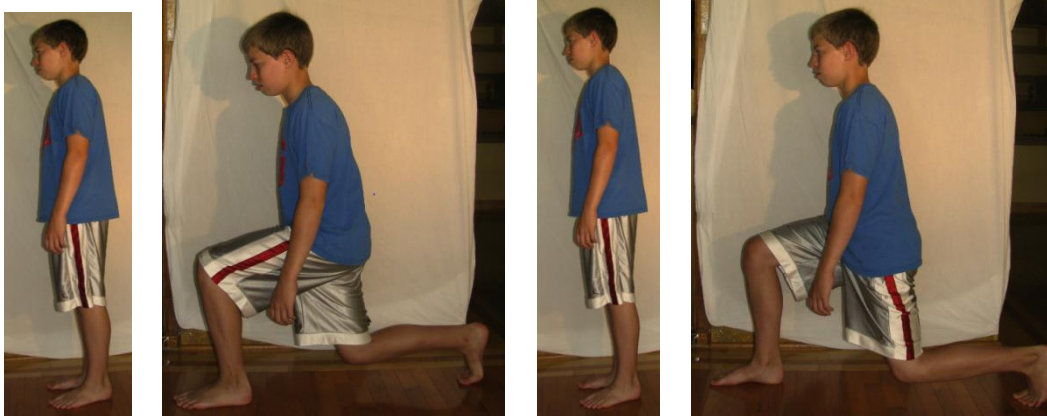
Now find your pulse again. Let's count the number of times it beats in 6 seconds. Now multiply by 10. Write down that number. Is your number higher than your resting pulse? How do you feel? Do you have a burst of energy? You should get (at a minimum) 20 minutes of cardiovascular exercise at least 2-3 times per week.

The next type of exercise is strength training. Strength training helps build strong muscles throughout your body, supports good posture, and helps you maintain a healthy weight. Having strong muscles in your back and abdomen, your 'core' area, helps your body stand up tall and also prevents you from falling and hurting yourself. Have you ever stepped on ice and felt like you were going to fall? Did you notice that when you felt the unstable ground, your body, especially your stomach tightened up? This is an example of your 'core' working hard to make sure you stand upright and don't get hurt.

Can anyone think of exercises that help build strong muscles? (Pushups, planks, lunges, squats, crunches etc). You don't need to lift heavy weights to build a strong body. Using just your body weight, you can build strong muscles.

Let's practice a few exercises that you can do to keep your muscles strong!

Let's try a lunge. Stand one foot in front of the other so that your feet are about 2 ½ to 3 feet apart. Slowly lower your rear leg until it is about 3 inches from the ground, or until your front leg is at a 90-degree angle. Make sure your shoulders are back and your knee does not cross in front of your toes. Try this 10 times on each leg.



For your upper body and core, let's get in plank position. Place arms directly under your shoulder, straighten out your back and tighten your abs. Your body should be parallel to the ground. Make sure your buttock does not stick up or dip down. Hold this position for 30 seconds. If you're feeling strong, try doing 5 pushups!



It's important to exercise your heart and your other muscles. Aim to work your muscles at least 2 times per week for 10-15 minutes.

Now that we've exercised our hearts and strengthened our muscles, we are going to end our lesson with some flexibility exercises. Stretching helps lengthen our muscles, prevents injury, and helps us 'stay loose'. You should stretch only after you've warmed up your muscles.

Are you ready to get loose?

Everyone stand up nice and tall. Place one arm behind your back. Now take your other arm and reach around and try to clasp onto your other hand. Hold this position for 30 seconds and then try the other arm.

Now let's reach to the sky, slowly bend forward, and try to touch the floor, hold this position for 30 seconds. Now slow roll your body up, and take a nice deep breath! AHHHHH! Let's take our pulse again for 15 seconds. Multiply by 4 and write it down. Raise your hand if you heart rate is within 10 beats of your resting heart rate. Stretching feels so good and is a great way to relax! You can stretch your muscles every day; just remember it is important to warm up first!

You can sit back down. Today we learned about the importance of three different types of exercise. Who can remember what they are called and how they help us?

1. Cardiovascular exercise helps build a strong heart
2. Strength exercises help build strong, sturdy muscles
3. Flexibility exercises help lengthen and 'loosen' our muscles.

All three types of exercises are important for a healthy body!

Use your Healthy Heart Log to keep track of how much exercise you get each day and how many fruits and vegetables you are eating. This will help you see how well you are taking care of your heart!

How much exercise should we try to get each day? (60 minutes)