

5 February Lesson: Fitness is for Me!

Goals:

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

Audience: 5th grade

Materials:

- *Healthy Heart Log*

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 5.1
 - Engage effectively in a range of collaborative discussions (on-on-one, in groups, and teacher-led) with diverse partners on *grade 5 topics and texts*, building on others' ideas and expressing their own clearly.

Lesson:

Glad to see you again. Last month we talked about making healthy choices at fast food restaurants. Raise your hand if you can tell me some ways we can do that.

(By ordering smaller options, regular cheeseburger- not Whopper, having apple slices instead of fries, drinking water or milk instead of soda, etc)

Great job! Your body and your brain get stronger and stronger when you care of them.

Now, I want you to think about going into Middle School next year. Are you excited to be with older kids? Are you nervous about the new students, teachers and rules? What will make you feel good there? Will you feel good if you get on your favorite sports team; if you wear your favorite clothes; if you have the energy to do well in your classes; if you make new friends? Write one or two ideas on the Exercise Log.

Will it be easier to feel good if you are healthy and strong? 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.

Can anyone remember what type of exercise is important for our hearts?
(Cardiovascular exercise or cardio or aerobic) Cardiovascular exercise gets your heart

beating faster and can leave you out of breath. “Cardio”—which means heart—strengthens our hearts which is the most important muscle.

The stronger your heart, the easier it is to play sports and have energy to do well in school. Can you think of exercises that we can do to get our hearts pumping?

Before we get moving, everyone find his or her pulse (show carotid pulse point). When I say go, count the number of times your heartbeats in the next 15 seconds. Multiply that number by 4. 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 a piece of paper.

(For each of the following exercises, demonstrate how to do them first.)

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 15 seconds. Now multiply by 4. 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 least a half hour of cardio exercise 5 times per week.

The next type of exercise is strength training to build strong muscles and keep a healthy weight. Having strong muscles in your back and abdomen, your 'core' area, helps your body stand up tall, carry heavy middle school back packs, and 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.

What exercises 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.

We are going to end with 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.

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! 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 down. Today we learned about three different types of exercise. 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! How much exercise should we try to get each day? (60 minutes)

In gym this month you're going to learn an exercise routine that includes all three types of exercises. Try doing this routine every day for two weeks and see how you feel. The exercise will help you get in great shape and energize you so you'll feel good in middle school. If you like the routine, teach it to your family and make it a family tradition. After a few months take your heart rates again to see how strong your heart has become!