



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 1st

Unit: Anatomy- Heart Rate

SOLs:

1.2 The student will identify basic anatomical structures and basic spatial awareness concepts.

d) Explain that the heart is a muscle that grows stronger with movement.

Title: Find that Pulse!

Objectives/ Goals:

The student will ...

- Understand that the heart beats faster when the body moves
- Be able to find their own heart rates in different ways

Materials:

- Handout for teacher (see attached)

Procedure:

Introduction:

- Teacher should discuss how moving our bodies causes our hearts to beat faster. Some activities make them beat faster or slower than others. Teacher will review different ways you can feel your heart. (find your pulse: feel chest, carotid, radial) Teacher should practice a few different ones with the students so they can choose what is easiest.

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Description:

- Teacher will call out different movements (see handout), allowing the class to perform each movement in its entirety and allow time for students to find their heart rates. Students should attempt to count how many times their heart beats in 10 seconds.
- If students are ready, give them each their own paper to record their heart rates on.
- After each movement, briefly discuss if it made their heart beat faster or slow down.

Closure:

- Review what makes our hearts beat faster. What movements made it beat the fastest? What helped our heart rates slow down?

Assessments:

- Assess formatively through teacher observation
- Ask students their heart rates for varying activities

References & Sources:

- <https://kidshealth.org/en/parents/take-pulse.html>
- https://classroom.kidshealth.org/classroom/prekto2/body/systems/cardiovascular_handout1.pdf

NAME: _____ DATE: _____

Activity Ideas for FIND THAT PULSE!

Walk 1 lap

Jog slowly for 2 laps

Do your favorite dance for 30 seconds

Jog at a medium speed down and back 4 times

10 star jumps

Sprint 1 lap

Lay on the floor for 1 minute very still

20 mountain climbers followed

5 Frog Jumps

5 push ups

Hold yoga pose for 30 seconds