

Heart Healthy Tabata

Learning Objectives

- I can explain how important my heart is to my body [2.1a]
- I can explain how taking care of my heart contributes to a healthier me.[2.3a]

Teacher Notes

 Students will learn intro heart facts while participating in a TABATA that spells out the word HEART.

Lesson Steps: Video Outline https://drive.google.com/file/d/19kvgiQJgzDfO6ZtIK-

INYOhi3wjVlovI/view?usp=sharing

Step 1 Introduction

- Pre Assessment- Teacher should ask students the following question prior to the video begins
 - o What does the heart do?
- Students will notice that their heart is slow when not exercising and faster when we move around.

Step 2 Activity

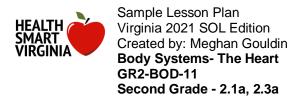
- Students will spell the work HEART while completing various exercises. Between each letter of the word heart, students will hear a quick heart fact.
 - heart facts include info about the heart and its function as well as keeping a healthy heart

Step 3 Closure

• Post assessment- students will share with their teacher and classmates things they can do to help keep their heart healthy.

Assessments

- Pre Assessment- Teacher should ask students the following question prior to the video begins
 - O What does the heart do?
- Post assessment- The video ends with students being asked to share with their teacher and classmates things they can do to help keep their heart healthy.



Extensions/Connections/Applications

- Have students check how slow or fast their heart is beating rior to the tabata and then again after the completion of the tabata.
- Introduce students on how to find their pulse
- Have students reflect on their heart rate during different types of exercise