

MR. CLARK'S



HEART HOMEWORK

MR. CLARK'S PHYSICAL EDUCATION STORE



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Interactive Co-teaching Worksheet

This interactive worksheet is meant to be used in a 5th -12th grade physical education class. There must be easy access to a computer lab for student use or access to these websites below.

This interactive worksheet is meant to be used in a co-teaching situation. One teacher would remain in the computer lab assisting students with any questions they may have. The other teacher would start in the computer lab and then move to the gym when the first student is ready. Then the teacher in the gym would monitor the activities previously set up by both teachers.

At the end of the lesson both teachers would be in the computer lab helping student's finish the lesson.

If there is not a co-teaching situation then you may adapt this Interactive worksheet to meet your individual needs.

Part I

Name

Class

Date

1. Go to the link below. Then read the article about the heart. The article is six pages long. Write down one fact about the heart from each page.

<http://kidshealth.org/kid/htbw/heart.html>

Fact One -

Fact Two -

Fact Three -

Fact Four -

Fact Five -

Fact Six -

2. Go to the link below. Read the short article and then answer the questions.

[http://kidshealth.org/kid/stay_healthy/fit/
work_it_out.html](http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html)

What does aerobic exercise mean?

What activities are aerobic exercises?

3. Go to the link below.

Read the information about finding your pulse.

Then take your pulse in both spots and record it.

[http://www.cyh.com/HealthTopics/
HealthTopicDetailsKids.aspx?p=335&np=285&id=1467](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467)

Radial Artery (wrist) _____

Carotid Artery (neck) _____

4. Go to the link below. This page tells you about your target heart rate zone. Read the article then use the Karvonen Formula to determine your target zone. Enter your age and resting heart rate that you found in number three and then click on calculate. Record you zone.

<http://www.healthchecksyste.ms.com/heart.asp>

My Age _____

My Resting Heart Rate _____

My Maximum Heart Rate _____

My Minimum Training Heart Rate _____

My Maximum Training Heart Rate _____

5. This time find your target heart rate by doing the math yourself.

Use the formulas.

$220 - \text{your age} = (\text{maximum heart rate})$

$220 - \text{your age} - \text{resting heart rate} = * .60 = (\text{minimum training heart rate})$

$220 - \text{your age} - \text{resting heart rate} = * .80 = (\text{maximum training heart rate})$

Now...go to the gym and participate in aerobic activities. Try at least three different activities.

Remember to take your pulse to make sure you remain in your target zone. When the teacher whistles, stop what you are doing and come back to the computer lab.

Part II

Answer the following questions in complete sentences.

6. What aerobic activities did you participate in?

7. What was your heart rate while you exercised? Explain how you found it.

8. Were you successful at staying in your zone? Explain how you know.

9. What is the most important thing you learned during today's lesson?

Once assignment is completed:

Print

Hand in

Go get that Heart Rate UP!

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