

3 Person PACER

Learning Objectives

- I can improve my physical activity by running during activity.
- 1.2 The student will explain that good health is related to healthy decisions.
- Body Systems
- a) Describe the importance of having a healthy heart, brain, and lungs.
- Physical Health
- d) Identify ways to increase physical activity.

Teacher Notes

- PACER Test – See options below
- Equipment: Cones, rings, batons, or short pool noodles
- Projector/Smartboard
- [Find your heart rate video](#)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) What are ways you can increase your physical activity?

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Teach the class how to find your heart rate or pulse. Walking, jogging, and running are all ways to increase your physical activity. Moderate to vigorous activities help increase our heartrate to improve our health.

Step 3 (Application – how student will apply/practice new learning)

- 3 Person Pacer
 - Mark the playing area with cones for the 15- or 20-meter Pacer test. Students will be in groups of 3. Each group will have 1 person on one end behind a cone and 2 on the opposite side behind a cone across from their teammate. First person in line (side with 2 people) will hold the ring. When the pacer test starts, 1st person in line with the ring runs to the other side and hands the ring off to their teammate. On each beep, the student with the ring runs and hands off the ring to the next person on the opposite side. Continue this until desired amount of time or laps.

Assessments

- Have students show how to check their heart rate or pulse.
- Have students explain their heart rates now that they are done running.

Extensions/Connections

- For older grades, use partners opposed to 3 students. Each student will complete 2 laps before the next students runs.



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1st Grade: Healthy Decisions

Resources/References

- Adapted from Ben Landers, <https://www.thepespecialist.com/>
- 20 Meter Pacer test <https://youtu.be/vEZeXvkFIHQ>, cerealfish
- 15 Meter Pacer Test <https://youtu.be/GI4X3AF643M>, Jason Theodore