

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-INYOhi3wjVlovl/view?usp=sharing>

Step 1 Introduction

- Pre Assessment- Teacher should ask students the following question prior to the video begins
 - 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 word 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
 - 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.



Sample Lesson Plan
Virginia 2021 SOL Edition
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Body Systems- The Heart
GR2-BOD-11
Second Grade - 2.1a, 2.3a

Extensions/Connections/Applications

- Have students check how slow or fast their heart is beating prior 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