



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 4<sup>th</sup>

**Unit: Anatomy- Heart Rate**

**SOLs:**

**4.2 The student will identify major structures and begin to apply knowledge of anatomy to explain movement patterns.**

d) Locate radial and/or carotid pulse.

**Title: Find that Pulse!**

**Objectives/ Goals:**

The student will ...

- Understand the heart rate increases and decreases depending on intensity of activity.
- Be able to locate their carotid and/or radial pulse

**Materials:**

- Student activity/recording sheets
- Pencils
- Calculators as needed
- Stopwatches

**Procedure:**

Introduction:

Created by: Kim Gentry

- Teacher should review how moving our bodies causes our heart rates to increase. Some activities make them beat faster or slower than others. Teacher will review different ways to find pulse. (carotid, radial) Teacher should practice with students before activity.
- Carotid: To check your pulse over your carotid artery, place your index and middle fingers on your neck to the side of your windpipe. When you feel your pulse, look at your watch or the clock and count the number of beats in 10 seconds. Multiply this number by 6 to get your heart rate per minute.
- Radial: To check your pulse over your radial artery, lay your index and third fingers on the inside of your wrist below the base of your thumb, between the bone and the tendon. When you feel the thump of your pulse, count the beats for 15 seconds. Multiply the count by four to calculate the number of beats per minute.

#### Description:

- This activity can be done as a whole class, in groups, partners, or on your own. Teacher should pass out handout that list different activities for the students to do. Once the student completes an activity, they must find their pulse (carotid and/or radial) and record it. The idea is to provide activities of varying intensity to allow the student to not only practice finding their pulse, but to understand its relationship to the activity.
- Teacher should be available to assist students in finding their pulse as needed. In whole class format, teacher can help with time.

#### Closure:

- Review what movements made our heart rates increase? What helped our heart rates slow down?
- Which pulse seemed easier to find?
- Collect papers

#### Assessments:

- Assess formatively through teacher observation
- Collect attached student handout

#### References & Sources:

- <https://kidshealth.org/en/parents/take-pulse.html>

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**FIND THAT PULSE!**

*Perform each activity one at a time. Once you complete the activity, record your pulse before moving on to the next activity. Complete as many as time allows!*

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 by 5 frog jumps \_\_\_\_\_

10 push ups \_\_\_\_\_

Hold yoga pose for 30 seconds \_\_\_\_\_