

# **Effects of Personal Health Habits on Heart Health**

## **Learning Objectives**

- I can explain the effects of physical activity, sleep, and personal health habits and behaviors on heart health. (5.1f)
- I can review personal health habits that support heart health and the ability to perform various physical activities. (5.2f)

#### **Teacher Notes**

- This lesson will include many pauses that will involve student response. Please pause the video as instructed for as long as needed.
- Students will need something small they can toss and catch easily for the learning activity. (paper ball, socks, stuffed animal, etc.)

## **Lesson Steps: Video Outline**

### **Personal Health Habits Video**

### Step 1 Introduction

- Pre-Assessment:
  - What are some of your personal health habits?
  - What effects do your personal health habits have on your heart health?
  - Which habits will make your heart healthier?

#### Step 2 Activity

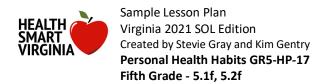
• Tossing and Catching - Students will add claps between catches to emulate stress on the heart.. Each round students will see how many times they can catch their object in one minute.

## Step 3 Closure

- Post-Assessment:
  - Students will write down one healthy habit they want to work on for the next two weeks and describe how they are going to work on it.

#### Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.



# **Extensions/Connections/Applications**

• Implementing teacher can allow students to share their plans aloud with the class.

# **Resources/References**

- Health Smart
- Kids Health