Health Smart Virginia - Sample Lesson Plan
Grade: 1st

Unit: Anatomy- Heart Rate

SOLs:
1.2 The student will identify basic anatomical structures and basic spatial awareness concepts.
   d) Explain that the heart is a muscle that grows stronger with movement.

Title: Find that Pulse!

Objectives/ Goals:
The student will ...
   • Understand that the heart beats faster when the body moves
   • Be able to find their own heart rates in different ways

Materials:
   • Handout for teacher (see attached)

Procedure:
Introduction:
   • Teacher should discuss how moving our bodies causes our hearts to beat faster. Some activities make them beat faster or slower than others. Teacher will review different ways you can feel your heart. (find your pulse: feel chest, carotid, radial) Teacher should practice a few different ones with the students so they can choose what is easiest.
Created by: Kim Gentry
Description:
- Teacher will call out different movements (see handout), allowing the class to perform each movement in its entirety and allow time for students to find their heart rates. Students should attempt to count how many times their heart beats in 10 seconds.
- If students are ready, give them each their own paper to record their heart rates on.
- After each movement, briefly discuss if it made their heart beat faster or slow down.

Closure:
- Review what makes our hearts beat faster. What movements made it beat the fastest? What helped our heart rates slow down?

Assessments:
- Assess formatively through teacher observation
- Ask students their heart rates for varying activities

References & Sources:
Activity Ideas for FIND THAT PULSE!

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
5 Frog Jumps
5 push ups
Hold yoga pose for 30 seconds

Created by: Kim Gentry