



Dear Educator,

As you know, physical activity is critical for optimal health. Unfortunately, many Americans do not get enough physical activity on a regular basis. In an effort to help improve the physical fitness of children, Campbell Soup Company, through the Labels For Education program, has created these exciting teaching materials. The following resource addresses children's physical fitness, and meets the National Education Standards.

Children enjoy learning about things that are of interest to them. Of particular interest is the human body. This resource capitalizes on this interest and focuses on engaging children in hands-on-learning about physical activity and its effects on the human body.

How to Use These Lessons

Each of the lessons is comprised of student-centered fitness activities that can be integrated into classroom subjects such as physical education, math, science, and health education. These activities can be used over a period of time as one unit of study or may be broken up and used as part of several individual lessons.

The lessons are organized to guide children through activities that will develop their fitness related knowledge, attitudes, skills, and behaviors. Lessons are broken down into the following parts:

Objectives:	Outcomes of participation in lesson's activities.
National Education Standards:	These are standards which are met by one or more of the activities in the lesson.
Points to Emphasize:	Important themes and facts to stress during activities and discussions.
You Will Need:	This section highlights the materials you will need to implement the lesson's activities. Most are generally readily available.
Main Activity:	For each grade level there is one main activity that includes learning games, worksheets, and other experimental activities. In some instances, extensions of this main activity are offered.
Activity Outcomes:	Questions are included to help students reflect upon the content and their experience as a result of their participation in the main activity.

How to Use These Lessons (continued from page one)

Extension Activity:	Additional activities are provided in order to further enhance learning of the concepts addressed in the main activity.
Safety Note:	Recommendations for the teacher to take note of or be aware of any safety concerns or issues.
Vocabulary:	Words that have been introduced or reviewed in the lesson activities.
Worksheet:	Worksheet to be used to further enhance content addressed in main activity.
Teacher Information:	Background information is provided for each lesson and can be found immediately following the lesson activities. It is recommended that you review this information before teaching the lessons.

Special Considerations

- ♦ All lesson activities may be modified for different grades and/or student abilities.
- ♦ You may have students with physical disabilities. In these instances work with the parents and the school nurse.
- ♦ Some activities can be safely accomplished in the classroom. If possible, move the desks to the outside of the room before starting the activity.

KINDERGARTEN LESSON PLAN

Name of Lesson: *Change the Beat*

Objectives:

- ♦ The children will discuss physical activity.
- ♦ The children will recognize the heart as the main muscle in the body.
- ♦ The children will know how to locate their heartbeat in their chest.
- ♦ The children will describe the effects of physical activity on their heart.
- ♦ The children will begin to understand why they need to exercise.
- ♦ The children will be able to name an exercise and the muscles used.

Points to Emphasize

- ♦ The heart is the main muscle of the body.
- ♦ It is about the size of your fist.
- ♦ The heart's job is to move blood to all the different parts of the body.
- ♦ When you exercise, the heart must work harder and faster to get the blood to the different parts of your body.
- ♦ You can measure how hard your heart is working by counting the number of times it beats in 60 seconds.
- ♦ Your heart beat or heart rate is the number of times your heart beats in 60 seconds.
- ♦ When you count your heart beats, start with "0" or "zero."
- ♦ Your heart rate will be faster after exercising.

You Will Need:

- ♦ Art Supplies
- ♦ Drawing Paper
- ♦ Magazines (containing pictures of people performing aerobic exercises)
- ♦ Scissors
- ♦ Stapler or Tape
- ♦ Whistle

National Education Standards: Refer to "Campbell's Fitness Lesson Plans Alignment to National Standards" chart.

Procedure:

STEP 1

Gather children in a circle. Stand in the middle of the circle.

STEP 2

Ask children if they know where their heart is. Show them that their hearts are located in the middle of their chests. Ask them to take their right hand and place it over their heart (show them location). See if they can feel the rhythm of their heart beating.

STEP 3

Explain that the heart is the main muscle of the body. It has a very important job. It must pump blood to all the different body parts. Ask children if they know what happens to their heart when they run, jump, or skip or exercise in another way. Build on the children's responses by explaining that when they exercise, their hearts get a workout. When they exercise, their muscles need more blood, so their hearts must pump faster and work harder. This pumping action of the heart is called the *heartbeat or rate*.

- STEP 4** Tell children you are going to show them how their heart will beat faster after they exercise.
- STEP 5** Explain to children that they can measure how hard their hearts are working by counting the number of times their heart beats in 60 seconds.
- STEP 6** Help children find their heart and count their heart beats for six seconds. At the end of six seconds, have children put a zero at the end of the number to get the number of times their heart beats in 60 seconds.
- STEP 7** Record children's heart beats on a board under the heading "Before Exercise."
- STEP 8** Explain that when you blow your whistle or say "Go!" children are to jump up and down in place 20 times. When they complete this action, they should sit down in their spot.
- STEP 9** Ask children to take their right hand and place it over their heart again. Is their heart beating faster? Record children's heart beats on a board under the heading "After Exercise."
- STEP 10** Discuss the results of the experiment by asking children to observe and comment on their before and after exercise heart rates. Invite children to share their own explanations for the change in their heart beat rates after exercising. Help children to understand that when they move for long or short periods of time, their hearts have to beat faster in order to get blood to all of the different parts of their bodies.
- STEP 11** Invite children to decorate a class bulletin board with pictures cut out from magazines or ones they draw of activities that they can do to change and exercise their heart. Title the board: "Change the Beat."

Extend Activity:

Ask volunteers to demonstrate different exercises that would make the heart work harder. As the child demonstrates the activity, point out the muscles that are working during the demonstrated exercise. For example, if a child does a push-up, they have worked their chest, back, biceps and triceps muscles. At the kindergarten level, an acceptable answer could just be arm or chest muscles. Record the different exercises on chart paper. After, review the different exercises and how they are all forms of physical activity. Emphasize the importance of daily exercising in making the body stronger, healthier, more flexible, and fit.

Activity Outcomes:

- ♦ What is the main muscle of the body?
- ♦ Where is your heart located?
- ♦ Can you explain how to count your heartbeat?
- ♦ What happens to your heartbeat after you exercise? Why?
- ♦ What exercises can you do to change the beat of your heart?
- ♦ Why is it important to exercise?

Extension Activity: Let's Go To The Zoo!**STEP 1**

Ask children to spread out in a large space. Have them extend their arms out to the side and twist back and forth to make sure they are standing a safe distance from other children.

STEP 2

When children have found their safe spots, tell them you are going to call out the name of an animal. When you do, they are to move like that animal around the space until they hear your whistle. When they hear your whistle they should freeze.

STEP 3

Name the first animal. After 30 seconds, blow your whistle, then call out the name of another animal. Below are examples of animal movements and their benefits that you could use. Encourage children to think up additional animals and their movements. Continue playing as long as children are interested.

- ♦ **Kangaroo:** Hopping. Increases leg muscle strength. Plyometric movement improves balance, gross motor skills and reaction time.
- ♦ **Crab:** Crab walking. Increases leg, arm, back, and abdominal strength. Improves gross motor skills and core muscle integration.
- ♦ **Horse:** Galloping. Increases leg muscle strength. Improves motor skills such as rhythm, timing, and coordination.
- ♦ **Dog:** Crawling. Increases leg, arm, and abdominal strength. Improves motor skills such as cross body reciprocal neural patterning.
- ♦ **Snake:** Slithering. Increases torso / core strength. Improves gross motor skills involved in closed chain kinetic (whole body) movements.
- ♦ **Monkey:** Running. Increases leg strength. Improves motor skills such as speed, balance, rhythm, and timing.
- ♦ **Bird:** Running, flapping. Increases arm and leg strength. Improves gross motor skills coordinating upper and lower body actions.

Safety Note:

Adult supervision is necessary for all exercise and activities. Students' family doctors must give permission for all participants to perform various exercises.

Vocabulary:

<i>Exercise</i>	A type or method of movement or activity designed for a specific goal, outcome, or purpose.
<i>Heart</i>	The most important muscle of the body. A double-barreled, four-chamber pump. One half sends blood to the lungs to pick up oxygen and cast off carbon dioxide. The other half sends the oxygenated blood to the body where it is used for exercise, activity, and normal body functions.
<i>Heartbeat / Pulse</i>	Cardiac output as measured each time the heart muscle contracts. Resting pulse can be felt by placing the hand over the center of the chest. Exercising pulse can also be felt on the thumb side of the wrist or the side of the neck. (Appendix A)
<i>Muscle</i>	A specialized type of body tissue with the ability to contract which produces force and movement. There are three kinds of muscle in the body. 1. Striated or skeletal muscles are the muscles in your body you can control like your arms and legs. 2. Smooth muscles are inside your body like in your stomach or intestines. 3. Cardiac muscle is a specialized muscle in your heart.

Teacher Information

Physical fitness is comprised of five principal components: cardiovascular (heart and lung) endurance, muscular strength, muscular endurance, body composition, and flexibility. A physically fit person is able to exercise the entire body for long periods of time.

Cardiovascular (aerobic) endurance is the efficient delivery of oxygen to the working muscles via the heart, lungs, and circulatory system and is the best indicator for total fitness. Muscular strength is the ability of a muscle to (maximally) contract and produce force (work). Muscular endurance is the ability of the muscle to contract submaximally repeatedly over time. Body composition looks at the way the body distributes weight by looking at the percentage of muscle, fat, bone and organs that are in the body. Flexibility is the ability of a body part to go through the full range of motion. Good flexibility can help prevent injury.

Aerobic activities are those that make you breathe deeply for an extended period of time. Examples include:

- ♦ Jogging
- ♦ Aerobic Dance
- ♦ Swimming
- ♦ Basketball
- ♦ Soccer
- ♦ Bicycling
- ♦ Walking briskly for long distances

These exercises help to strengthen the heart and lungs and tone the muscles of the entire body. Children should be physically active for at least 60 minutes a day most days.

The Heart

The heart is the main muscle of the body. It is about the size of your fist. When you exercise, the pulse quickens because the heart is forced to pump more blood to the muscles that are moving. This increased movement strengthens the heart, making it stronger and more efficient. As it gets stronger it is able to pump more blood and oxygen to the muscles and does not have to work as hard.

Heart Rates

Exercise intensity for aerobic conditioning is measured by heart rate. People who are physically fit generally have lower resting heart rates than those who are not, which means that their hearts don't have to work as hard to pump blood.

Since heart rate is usually measured in 60-second intervals (thus, the 6 x 10 formula), the children can actually measure their exercise intensity. Another method is to tell the children to just add a 'zero' to their count. For example, a count of 6 will become 60.

As the heart rate increases, it becomes more important to accurately count. This may take practice for some individuals to master. Many teachers like to record their students' heart rates during various stages of the school year to monitor changes in training effect and recovery (heart rate) fitness.

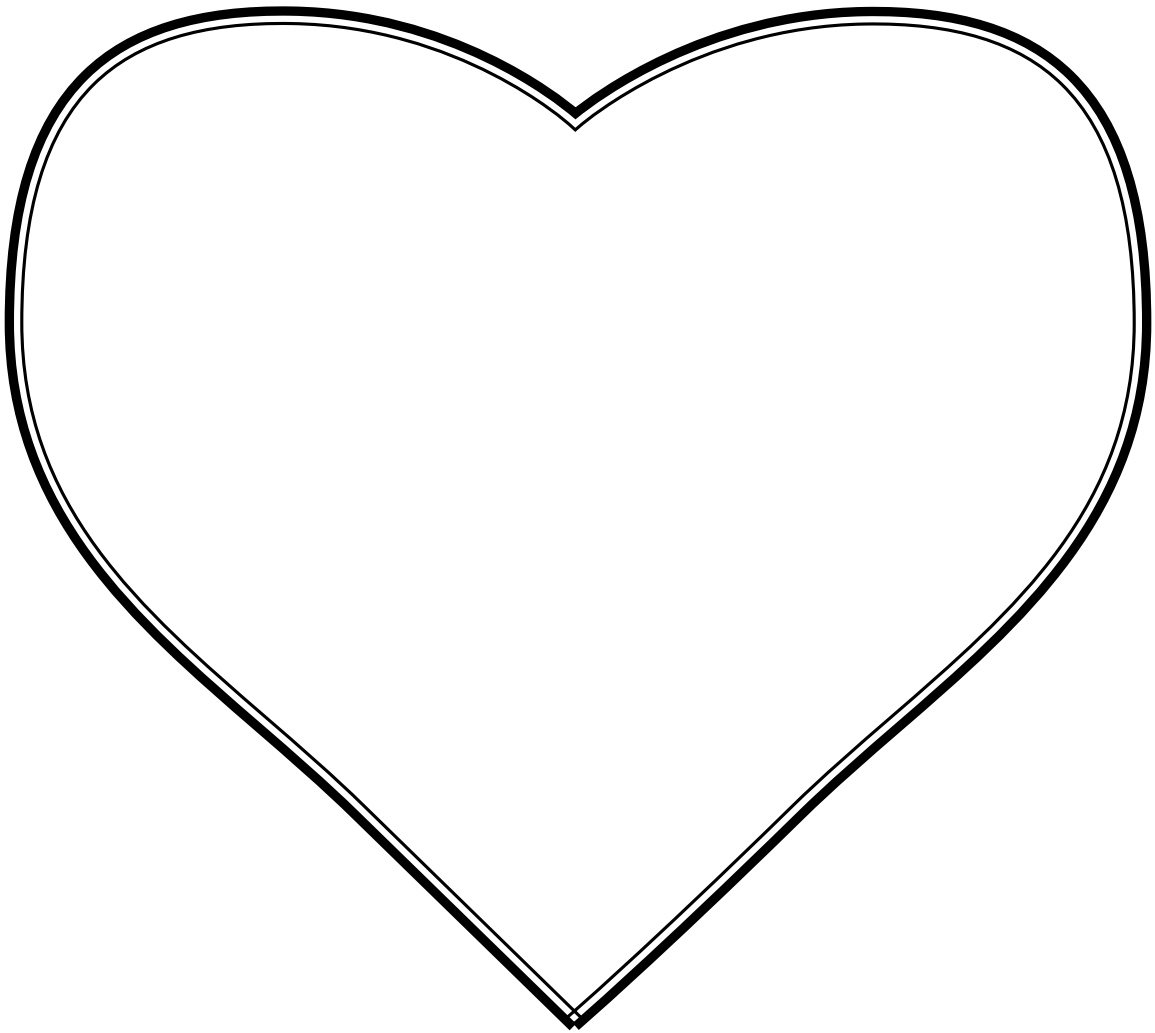
Warm up, Cool down

To avoid excess strain on the heart, and injury to the muscles, it is recommended to have children warm up for about 5 minutes before working out, and cool down after exercises.

Name: _____ Date: _____

Directions:

Color in the picture of the heart below. When you are done, cut it out, and ask the adult in the room to tape it onto your chest over your heart.



Appendix A: Pulse locations at wrist and neck.

