10th Grade Physical Education:

April 6 – April 9

Time Allotment: 30 minutes per day

Student Name: _____

Teacher Name: *Ms. Carstens*

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Packet Overview

Date	Objective(s)	Page #
Tuesday, April 7	1. Demonstrate proper form while performing a jumping workout. 2. Identify the significance of knowing your resting heart rate.	3
Wednesday, April 8	1. Demonstrate proper form while performing a core workout. 2. Identify the significance of knowing your target heart rate.	8
Thursday, April 9	1. Demonstrate proper form while performing the "Animals on Parade" workout. 2. Record your heart rates within a workout.	15

Additional Notes: Here are some reminders from last week!

- **Each day will have a fitness portion of the lesson AND an enrichment portion**.
- For the fitness portion, **a watch, clock, or timer will be needed** (preferably one with a second hand, or digital seconds). *See the screenshots on pg. 2 for Google Timer instructions if you don't have a stopwatch app on your tablet or phone!*
- **Read through all of the day's lesson and instructions BEFORE you begin**.
- As you prepare for your lesson each day, be sure to:
  - ✓ Make certain **your workout space is safe and has room enough to perform the exercises.** You may do your workout outside!
  - ✓ **Stay hydrated** by drinking water before, during, and after your workout.
  - ✓ **Use sunscreen**, if you plan to do your workout outside!
- **If you're unsure of a movement or task or need modifications, email me**!
- **After each lesson, you and your parent/guardian will initial Academic Integrity statements**, signifying you have completed the fitness portion of the lesson for that day.
- You will **continue tracking your goals and progress**.

Academic Honesty

<table>
<tr><td>I certify that I completed this assignment independently in accordance with the GHNO Academy Honor Code.</td><td>I certify that my student completed this assignment independently in accordance with the GHNO Academy Honor Code.</td></tr>
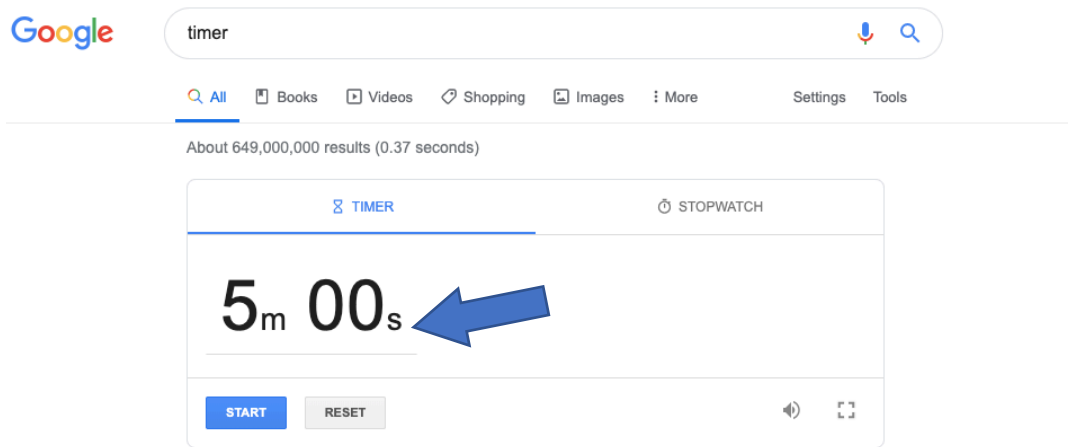<tr><td>*Student signature:*</td><td>*Parent signature:*</td></tr>
<tr><td>_____</td><td>_____</td></tr>
</table>

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**Google Timer/Stopwatch Instructions**

1. For an instant stopwatch and timer, you can search either "timer" or "stopwatch" on Google.
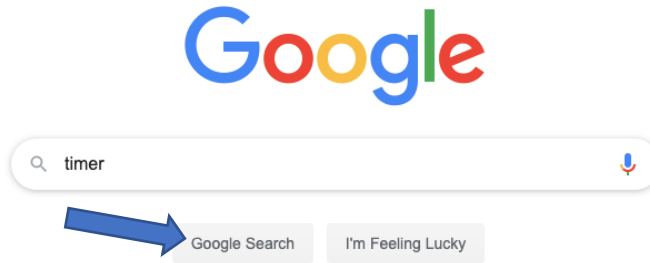

2. An online tool will appear. The timer counts down and can be set by clicking on the number and manually typing in the number of minutes/seconds. The stopwatch counts up.

3. With the timer, you can turn your volume up to have a sound play when the timer reaches zero. You can also make the tool full screen on a computer by clicking on the square next to the volume level. To exit full screen, press the ESC key on your keyboard.
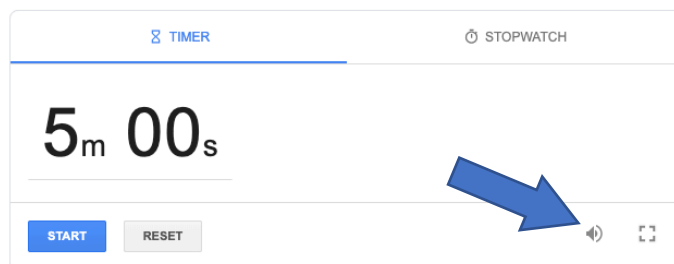
4. By clicking on the titles, you can easily switch back and forth!
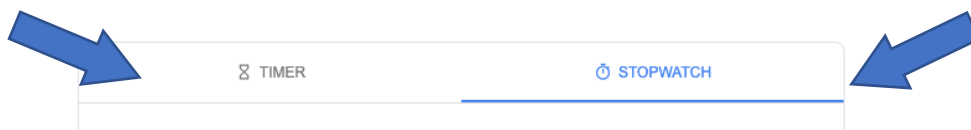
5. The timer and stopwatch can be stopped and reset at any time by using the buttons at the bottom of the tool—START/STOP, RESET.

2

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I.   Tuesday, April 7
        Daily Fitness Lesson: Jump for Joy!
        Reflection: Understanding Your Resting Heart Rate

Socratic Guiding Questions: Keep this in mind as you study!
Why is it important to know my resting heart rate and my target heart rate?

Objectives: Be able to do this by the end of this lesson.
1. Demonstrate proper form while performing a jumping workout.
2. Identify the significance of knowing your resting heart rate.

Lesson Introduction:
Today, we will be focusing on a jumping workout, targeting our lower body. **You will be performing a sequence of 4 exercises for 1 minute each (5 seconds or less to transition to the next movement. You will complete 3 rounds of this sequence.** During the workout, it is important to push yourself, but know your limits. If you need to rest, take no more than about 10-15 seconds at a time, and then move right back into the workout. Remember to **breathe properly, use controlled movements, and focus on proper form**. You can do this—I believe in you!
   ✓ *NOTE:* You will need an imaginary or taped line on a flat surface for this workout—a piece of masking tape works bests. As a safety precaution, I would recommend a hard surface (tile, hardwood, linoleum) and would avoid carpet or using room dividing strips as your line.

REMINDER: Read through the fitness lesson FIRST before attempting it. This will help you determine what modifications, if any, you will need to make for yourself (i.e. planks or elevated push-ups for push-ups). **If you make modifications for any movements, please record that in the Fitness Notes section above the Academic Integrity statements**. If you need to modify an exercise outside of certain modifications we covered in class, email me and I will work with you to come up with a plan!

PART 1: DAILY FITNESS:
*Warm-Up (4 minutes)***:**

   ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*

   ✓ Skip in place (30 seconds) – *Remember to swing your arms!*

   ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

   ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

   ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*

   ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*

   ✓ Jumping Jacks (15 jacks) – *Arms all the way up as you jump! Use good form!*

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Workout Sequence:
- **Jumping Squats** – *Start the motion with a normal controlled squat. As you raise out of the squat, you should be engaging your core and leg muscles to jump up. Reset, if needed and repeat.*
- **Side-to-Side Line Jumps** – *Position yourself parallel to the line on the floor. Staying on your toes, jump from one side of the line to other, and back. Continue this movement for the entire minute.*
- **Jumping Jacks** – *Remember to fully extend your arms and legs as you jump out and come back to center—controlled and intentional movement!*
- **Front-to-Back Line Jumps –** *Using your line on the floor (or imaginary line ☺), face the line, positioning your toes perpendicular to the line. Staying on your toes, jump forward across the line, and then backwards to the starting position. Continue this movement for the entire minute.*
- **AFTER COMPLETING ROUND 3** – **Do 5 burpees to finish the workout.**

Cool Down (3 minutes)
For your cool down, remember to keep moving!

- Walking – *easy pace*! While you walk, also incorporate alternate the Flamingo Walk and High Knees to help stretch your legs!

Daily Activity Log
Notes (modifications, struggles, etc.):

Academic Integrity

I certify that I completed today's physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

_____

I certify that my student completed today's physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

_____

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PART 2: ENRICHMENT

Read and annotate the article found on pgs. 6-7. Then complete the tasks and questions found on pg. 5. Answer the questions using complete sentences.

1. Tomorrow morning (Wednesday), as soon as you wake, find your pulse using one of the methods discussed in the article. Record your resting heart rate (RHR) by calculating the total number of beats for 1 minute.

   RHR = _____ beats per minute (bpm)

How could you make this number more accurate?

_____

_____

_____

2. It is suggested that in order to get an accurate resting heart rate, you should check your pulse as soon as you wake up in the morning or after your body has fully recovered from exercise or any activity. Why do you think this gives a more accurate measurement of your resting heart rate?

_____

_____

_____

_____

3. Why might it be important to know your resting heart rate?

_____

_____

_____

_____

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Want to check your heart rate? Here's how

🛡 **health.harvard.edu**/heart-health/want-to-check-your-heart-rate-heres-how

Learn what is a normal heart rate and how to find your pulse with your fingers or a device

Updated: February 6, 2019
Published: October, 2016

Measuring your heart rate is any easy way to gauge your health, as it provides a real-time snapshot of your heart muscle function. For most adults, a normal resting heart rate—the number of heartbeats per minute while at rest—ranges from 60 to 100 beats per minute. A normal heart rate can vary from person to person. However, an unusually high or low resting heart rate can be a sign of trouble.

What is a normal heart rate

A normal heart rate for adults is typically 60 to 100 beats per minute. A heart rate that is slower than 60 beats per minute is considered bradycardia ("slow heart") and a rate that is faster than 100 beats per minutes is termed tachycardia ("fast heart"). There are some experts who believe that an ideal resting heart rate is closer to 50 to 70 beats per minute. Regardless of what is considered normal, it's important to recognize that a healthy heart rate will vary depending on the situation.

By monitoring your heart rate, you can help track trends and patterns that are personal to you.

How to check your heart rate

According to the Harvard Medical School Special Health Report Diseases of the Heart, it's easy to check your pulse using just your fingers, either at the wrist or the side of the neck.

- At the wrist, lightly press the index and middle fingers of one hand on the opposite wrist, just below the base of the thumb.
- At the neck, lightly press the side of the neck, just below your jawbone.
- Count the number of beats in 15 seconds, and multiply by four. That's your heart rate.

To get the most accurate reading, you may want to repeat a few times and use the average of the three values. For a resting heart rate measurement, you should also follow these steps:

- Do not measure your heart rate within one to two hours after exercise or a stressful event. Your heart rate can stay elevated after strenuous activities.
- Wait an hour after consuming caffeine, which can cause heart palpitations and make your heart rate rise.
- Do not take the reading after you have been sitting or standing for a long period, which can affect your heart rate.

You can also use different types of heart rate monitors to check your heart rate. But be aware that most have not undergone independent testing for accuracy. One option is a digital fitness tracker. The most reliable ones use a wireless sensor on a strap that you wrap around your chest. The sensor detects your pulse electronically and sends the data to a wristwatch-style receiver that displays your heart rate. Others have sensors on the back of the wristwatch itself. These sensors, which are slightly less accurate, determine your heart rate by measuring blood flow through the skin.

Various smartphone apps to check your heart rate are also available. For most of these, you place your finger on the phone's camera lens, which then detects color changes in your finger each time your heart beats.

Treadmills, elliptical machines, and other exercise equipment found in fitness centers and some home exercise rooms often feature handgrip heart rate monitors. These rely on trace amounts of sweat from your palms and the metal on the grips to detect the electric signal of your heartbeat. But experts don't recommend these to check your heart rate, as they are notoriously inaccurate.

– **By Julie Corliss**
Executive Editor, *Harvard Heart Letter*

Source:

Harvard Health Publishing. "Want to Check Your Heart Rate? Here's How - Harvard

Health." *Harvard Health*, Harvard Health, 6 Feb. 2019, www.health.harvard.edu/heart-

health/want-to-check-your-heart-rate-heres-how. Accessed 31 Mar. 2020.

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II. <u>Wednesday, April 8</u>
Daily Fitness Lesson: Down to the Core!
Reflection: Understanding Your Target Heart Rate

Lesson 2 Socratic Guiding Question: Keep this question in mind as you study!
How do I determine my target heart rate for physical activity?

Objectives: Be able to do this by the end of this lesson.
1. Demonstrate proper form while performing a core workout.
2. Identify the significance of knowing your target heart rate.

Introduction:
In Lesson 2, you will complete a daily fitness workout focusing on the core, or abdominal area, of the body. In our reflection piece for the day, we will explore the impact of proper stretching techniques.

<u>**Read through the fitness lesson FIRST before attempting it.**</u> This will help you determine what modifications, if any, you will need to make for yourself (i.e. planks or elevated push-ups for push-ups). **If you make modifications for any movements, please record that in the Fitness Notes section above the Academic Integrity statements**. If you need to modify an exercise outside of certain modifications we covered in class, email me and I will work with you to come up with a plan!

PART 1: DAILY FITNESS:
<u>**Warm-Up (4 minutes)**</u>

- ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*

- ✓ Skip in place (30 seconds) – *Remember to swing your arms!*

- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

- ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*

- ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*

- ✓ Jumping Jacks (25 jacks) – *Arms all the way up as you jump! Use good form!*

<u>**Daily Fitness (12-15 minutes)**</u>
Today we will be focusing on a core workout. **You will be performing a sequence of 4 exercises and will complete 3 rounds of this sequence. Keep track of how long it takes you to complete the four rounds.** During the workout, push yourself! If you need to rest, take no more than about 10-15 seconds at a time, and then move right back into the workout. Remember, **breathe properly, use controlled movements, and focus on proper form**. You can do this—I know you can!

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Workout Sequence:

- **10 – Sit-ups** – *These should be full sit-ups. Remember, cross your arms over your chest.*

- **10 – Double-Leg Raises** – *Lay on your back with your hands to your side or flat under your hips. Keeping both legs straight lift them off of the ground up to a 90° angle with the floor lower them. Repeat nine times.*

- **10 – Bicycles** – *Lay on your back with your knees bent and feet raised off the ground. With your hands at the side of your head, elbows pointing to your knees, pull your left knee toward your right elbow. Then pull your right knee toward your left elbow as your left knee and right elbow return to home position. This equals one repetition. Complete 10 of these. You should be moving continuously, alternating knees to elbows.*

- **Superman (1 minute)** – *Hands and arms forward in front of you, legs straight and feet only about 6-8 inches from the ground.*

Cool Down (2 minutes)
For your cool down, remember to keep moving!

- Helicopter twists (30 seconds) – *Standing, place your arms out to your sides and twist to the left, return to center, then twist to the right. Be sure not to do this quickly.*

- Superman (15 seconds, Rest with arms straight in front of you 10 seconds, Repeat)

- Seal Stretch – *Laying on your stomach, push your torso up off the ground, leaving your legs straight out behind you. Only push your torso up until you feel the stretch. Hold for 15 seconds, then rest. Repeat.*

Seal Stretch – Photo Credit
https://media.musely.com/u/a16d0c37-eff6-409d-b84f-7fdd7a2c12cd.jpg

Daily Activity Log	
Time:	Notes (modifications, struggles, etc.):

Academic Integrity

I certify that I completed today's physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

_____

I certify that my student completed today's physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

_____

PART 2: ENRICHMENT

Read and annotate the article found on pages 11-14. Then complete the following task and answer the reflection questions below using complete sentences.

1. Determine your target heart rate using the section below. Note: M stands for male, F stands for female.

Here is how to calculate your target heart rate range...

1) First of all you need the following data:
   A) <u>Maximum Heart Rate</u>—(220 – your age = MHR)

   My MHR = _____

   B) <u>Resting Heart Rate</u>—(count pulse at rest for 1 minute)

   My RHR = _____

2) Enter the above data in the following two formulas and solve. The formulas represent the lower (60%) and upper (85%) limits of your target heart rate range.

   (60%)—_____ - _____ = _____ x .6 = _____ + _____ = _____
            MHR   RHR   RHR   LOWER LIMIT

   (85%)—_____ - _____ = _____ x .85 = _____ + _____ = _____
            MHR   RHR   RHR   UPPER LIMIT

3) Enter your target heart rate:

   My target heart rate is:

   _____ to _____
       lower limit   upper limit

2. Why is it important to know your target heart rate?

_____

_____

_____

_____

_____

_____

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Exercise intensity: How to measure it

mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887

Get the most from your workouts by knowing how to gauge your exercise intensity.

<u>By Mayo Clinic Staff</u>

When you exercise, are you working hard or hardly working? Exercising at the correct intensity can help you get the most out of your physical activity — making sure you're not pushing too hard or too little. Here's a look at what exercise intensity means, and how to maximize your workout.

Choosing your exercise intensity

How hard should you be exercising? The Department of Health and Human Services recommends these exercise guidelines for most healthy adults:

- **Aerobic activity.** Get at least 150 minutes a week of moderate aerobic activity — such as brisk walking, swimming or mowing the lawn — or 75 minutes a week of vigorous aerobic activity — such as running or aerobic dancing. You can also do a combination of moderate and vigorous activity. It's best to do this over the course of a week. You can achieve more health benefits if you ramp up your exercise to 300 minutes or more of moderate aerobic activity a week.

  Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

- **Strength training.** Do strength training for all major muscle groups at least twice a week. Consider free weights, weight machines or activities that use your own body weight — such as rock climbing or heavy gardening. Or try squats, planks or lunges. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Consider your reasons for exercising. Do you want to improve your fitness, lose weight, train for a competition or do a combination of these? Your answer will help determine the appropriate level of exercise intensity.

Be realistic and don't push yourself too hard, too fast. Fitness is a lifetime commitment, not a sprint to a finish line. Talk to your doctor if you have any medical conditions or you're not sure how intense you should exercise.

There are two basic ways to measure exercise intensity:

- **How you feel.** Exercise intensity is a subjective measure of how hard physical activity feels to you while you're doing it — your perceived exertion. Your perceived exertion level may be different from what someone else feels doing the same exercise. For example, what feels to you like a hard run can feel like an easy workout to someone who's more fit.
- **Your heart rate.** Your heart rate offers a more objective look at exercise intensity. In general, the higher your heart rate during physical activity, the higher the exercise intensity.

Perceived exertion may not always be similar to your heart rate level, and it depends on the individual. But it can be a general guide to measure your exertion level. If you think you're working hard, your heart rate is probably higher than usual.

You can use either way of gauging exercise intensity. If you like technology, you can check your heart rate with an activity tracker that includes a heart rate monitor. If you feel you're in tune with your body and your exertion level, you'll likely do fine without a monitor.

Gauging intensity by how you feel

Here are some clues to help you judge your exercise intensity.

Moderate exercise intensity

Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you can't sing.

Vigorous exercise intensity

Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level:

- Your breathing is deep and rapid.
- You develop a sweat after only a few minutes of activity.
- You can't say more than a few words without pausing for breath.

Overexerting yourself

Beware of pushing yourself too hard too often. If you are short of breath, are in pain or can't work out as long as you'd planned, your exercise intensity is probably higher than your fitness level allows. Back off a bit and build intensity gradually.

Gauging intensity using your heart rate

Another way to gauge your exercise intensity is to see how hard your heart is beating during physical activity. To use this method, you first have to figure out your maximum heart rate — the upper limit of what your cardiovascular system can handle during physical activity.

You can calculate your maximum heart rate by subtracting your age from 220. For example, if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the average maximum number of times your heart should beat per minute during exercise.

Once you know your maximum heart rate, you can calculate your desired target heart rate zone — the level at which your heart is being exercised and conditioned but not overworked.

The American Heart Association generally recommends a target heart rate of:

- Moderate exercise intensity: 50% to about 70% of your maximum heart rate
- Vigorous exercise intensity: 70% to about 85% of your maximum heart rate

If you're not fit or you're just beginning an exercise program, aim for the lower end of your target heart rate zone. Then, gradually build up the intensity. If you're healthy and want to exercise at a vigorous intensity, opt for the higher end of the zone.

How to determine your target heart rate zone

Use an online calculator to determine your desired target heart rate zone. Or, here's a simple way to do the math yourself. If you're aiming for a target heart rate in the vigorous range of 70% to 85%, you can use the heart rate reserve (HRR) method to calculate it like this:

- Subtract your age from 220 to get your maximum heart rate.
- Calculate your resting heart rate by counting how many times your heart beats per minute when you are at rest, such as first thing in the morning. It's usually somewhere between 60 and 100 beats per minute for the average adult.
- Calculate your heart rate reserve (HRR) by subtracting your resting heart rate from your maximum heart rate.
- Multiply your HRR by 0.7 (70%). Add your resting heart rate to this number.
- Multiply your HRR by 0.85 (85%). Add your resting heart rate to this number.
- These two numbers are your average target heart rate zone for vigorous exercise intensity when using the HRR to calculate your heart rate. Your heart rate during vigorous exercise should generally be between these two numbers.

For example, say your age is 45 and you want to figure out your target heart rate zone for vigorous exercise using the HRR method. Follow these steps:

- First, subtract 45 from 220 to get 175 — this is your maximum heart rate.
- Next, check your resting heart rate first thing in the morning. Say it's 80 beats per minute. Calculate your HRR by subtracting 80 from 175. Your HRR is 95.
- Multiply 95 by 0.7 (70%) to get 66.5, then add your resting heart rate of 80 to get 146.5.
- Now multiply 95 by 0.85 (85%) to get 80.75, then add your resting heart rate of 80 to get 160.75.
- Your target heart rate zone for vigorous exercise is 146.5 to 160.75 beats per minute.

How to tell if you're in the zone

So how do you know if you're in your target heart rate zone? You can use an activity tracker to check your heart rate regularly while you exercise.

Or use these steps to check your heart rate during exercise:

- Stop briefly.
- Take your pulse for 15 seconds. To check your pulse over your carotid artery, place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist.
- Multiply this number by 4 to calculate your beats per minute.

Here's an example: You stop exercising and take your pulse for 15 seconds, getting 37 beats. Multiply 37 by 4, to get 148. If you're 45 years old, this puts you in the target heart rate zone for vigorous exercise, since the target zone for that age is between 146.5 and 160.75 beats per minute using the HRR method. If you're under or over your target heart rate zone, adjust your exercise intensity.

Interestingly, research shows that interval training, which includes short bouts (around 15 to 60 seconds) of higher intensity exercise alternated with longer, less strenuous exercise throughout your workout, is well tolerated. It's even safe for those with heart disease and type 2 diabetes. This type of training is also very effective at increasing your cardiovascular fitness and promoting weight loss.

Reap the rewards of exercise intensity

You'll get the most from your workouts if you're exercising at the proper exercise intensity for your health and fitness goals. If you're not feeling any exertion or your heart rate is too low, pick up the pace. If you're worried that you're pushing yourself too hard or your heart rate is too high, back off a bit.

Source:

"Can You Sing While You Work Out?" *Mayo Clinic*, 2019, www.mayoclinic.org/healthy-

    lifestyle/fitness/in-depth/exercise-intensity/art-20046887. Accessed 1 Apr. 2020.

III.   **Thursday, April 10**
Fitness Lesson: Animals on Parade!
Enrichment: Goal Reflection and Heart Rate Observations

Socratic Guiding Questions: Keep this in mind as you study!
How can I self-correct to maintain my target heart rate?

Objectives: Be able to do this by the end of this lesson.
1. Demonstrate proper form while performing the "Animals on Parade" workout.
2. Record your heart rates within a workout and analyze workout intensity.

Lesson Introduction:
Today's workout will be a fun way for you to check out your target heart rate. **You will be performing a sequence of 6 "animal-themed" exercises for 2 minutes each (5 seconds or less to transition to the next movement. You will complete just ONE round of this sequence.** Remember to **breathe properly, use controlled movements, and focus on proper form**.

NOTES:
- ✓ You will need an open space where you can be both on the floor and upright with room to move!
- ✓ Fill out the table following the Workout Sequence BEFORE you begin!
- ✓ HAVE FUN and even recruit some family members to do the workout with you!

REMINDER: Read through the fitness lesson FIRST before attempting it. This will help you determine what modifications, if any, you will need to make for yourself (i.e. planks or elevated push-ups for push-ups). **If you make modifications for any movements, please record that in the Fitness Notes section above the Academic Integrity statements**. If you need to modify an exercise outside of certain modifications we covered in class, email me and I will work with you to come up with a plan!

PART 1: DAILY FITNESS:
*Warm-Up (4 minutes)***:**

- ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*

- ✓ Skip in place (30 seconds) – *Remember to swing your arms!*

- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)

- ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*

- ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*

- ✓ Jumping Jacks (15 jacks) – *Arms all the way up as you jump! Use good form!*

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Workout Sequence:
- **Horse Gallup** (2 minutes) – *Gallup like a horse!*

- **Frog Jumps** (2 min.) – *From a squatting position, leap like a frog. Repeat and ribbit!*

- **Crab Walk** (2 min.) – *Sit down on the ground, place your hands behind you and your feet flat in front of you with your knees bent. Push up onto your hands and feet and try walking forward, backward, and sideways! Be crabby about it!*

- **PAUSE** (and not "paws"… no animal pun intended here!) – *Take your pulse for 15 seconds and record it in the table below this workout sequence. Scurry right back into the workout!*

- **Bear Crawl** (2 min.) – *On your hands and feet, rumble around the space quickly… no hibernating in this workout!*

- **Flamingo Kicks** (2 min.) – *Pick up those heels and kick!*

- **Bunny Hops** (2 min.) – *Make your best bunny impression and hop to it!*

- **STOP** – *Take your pulse for 1 minute and record it in the table below.*

Workout Heart Rate Table:

My Target Heart Rate Range	Heart Rate (During)	Heart Rate (After)
_____ to _____ bpm	_____ x 4 = _____ total bpm	_____ bpm

Cool Down (2 minutes)
For your cool down, remember to keep moving!
- Walking – *easy pace*!

Daily Activity Log
Notes (modifications, struggles, etc.):

Academic Integrity

I certify that I completed today's physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

_____

I certify that my student completed today's physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

_____

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PART 2: ENRICHMENT

Read and annotate the article found on pages 18-19. Then complete the following task and answer the reflection questions below using complete sentences.

1. Did you reach your target heart rate during the workout today? (yes or no) _____

Did you exceed it? (yes or no) _____

If the answer to the first questions is no, why do you think you missed the target?

_____

_____

2. What should you do during an activity if your target heart rate is above your range? Why?

_____

_____

_____

_____

3. What should you do during an activity if your target heart rate is below your range? Why?

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✓ *Weekly Goal Check*

Reflect on the following:

List *at least one* effort you have made to accomplish the goal you set last week regarding stretching.

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GreatHearts®

Understanding Your Target Heart Rate

⚠ hopkinsmedicine.org/health/wellness-and-prevention/understanding-your-target-heart-rate

Nearly all exercise is good. But to be sure you're getting the most from your workout yet staying at a level that's safe for you, you can monitor how hard your heart is working.

Aiming for what's called a "target heart rate" can help you do this, says Johns Hopkins cardiologist Seth Martin, M.D., M.P.H. Think of it as the "sweet spot" between not exercising hard enough and overexerting.

What is Target Heart Rate?

Your target heart rate is a range of numbers that reflect how fast your heart should be beating when you exercise. "A higher heart rate is a good thing that leads to greater fitness," says Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H. During exercise, you can monitor heart rate and try to reach this target zone. Doctors also use target heart rate to interpret the results of a cardiac stress test.

How to Find Your Target Heart Rate

First, it helps to know your resting heart rate, Martin says. Find your pulse (inside your wrist, on the thumb side, is a good place). Then count the number of beats in a minute—that's your resting heart rate. (Alternately, you can take your pulse for 30 seconds and double it.) The average resting heart rate is between 60 and 100, he says. The more fit you are, the lower your resting heart rate; for very fit people, it's in the range of 40 to 50 beats per minute.

Target heart rate is generally expressed as a percentage (usually between 50 percent and 85 percent) of your maximum safe heart rate. The maximum rate is based on your age, as subtracted from 220. So for a 50-year-old, maximum heart rate is 220 minus 50, or 170 beats per minute. At a 50 percent exertion level, your target would be 50 percent of that maximum, or 85 beats per minute. At an 85 percent level of exertion, your target would be 145 beats per minute. Therefore, the target heart rate that a 50-year-old would want to aim for during exercise is 85 to 145 beats per minute.

But there's an easier way to figure it out if you want to skip the math: Wear a fitness tracking device, or exercise on a treadmill or other machine that calculates target heart rate for you, Blaha suggests.

Heart Rate Tips to Keep in Mind

- **Start at your beginning.** Before getting overly concerned about your heart rate, Martin says, it's best to simply get moving. If you haven't exercised much before, start where you're comfortable (around 50 percent of maximum heart rate) and gradually exert yourself more over time.
- **Listen to your body.** Your body provides other indicators of how hard it's working that you need to consider along with heart rate. Pay attention to how hard you're breathing or sweating, and stop if you feel very uncomfortable, Martin says. Devices recording your heart rate have been known to malfunction, for example—another reason listening to your body is important.
- **Remember that target heart rate is just a guide.** "Don't get overly fixated on numbers," Martin says. Ideally, they just push you to work a little harder.

What the Experts Do

Monitor Heart Rate for Motivation

For Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H., most workouts take place on an elliptical trainer in his home. His machine has electrodes on which he can place his hands to automatically see his heart rate. "It gives me a sense of how hard I'm working," he says.

Blaha also uses his targeted heart rate to guide the course that he programmed into the machine, so that he works up to where he wants to be in terms of exertion. "Knowing your target heart rate and trying to achieve it can be very motivating," he says.

Source:

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