

Learning Intention: *How can you take your pulse when exercising?*

EQUIPMENT:

Throw down strips or spots x 24

I can exercise and attempt to find my pulse in my neck or wrist

I can exercise and feel my pulse in my neck or wrist- and attempt to count it for 30 seconds

I can exercise and count my pulse rate for 30 seconds

WARM UP:

Children to follow coach Kelly's warm up, or play stuck in the mud. A warm up is also called a **pulse raiser**.

The only way to free a player is to perform 3 star jumps at the same time.



After completing a pulse raiser as a warm up...

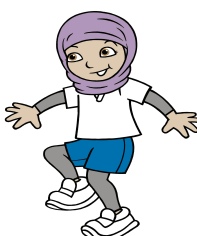
1, Can you feel your pulse in your neck/wrist?

Linking learning: In Year 4 we learned how to take our pulse in our neck. Remember-do not use your thumb, because it has its own pulse that you may feel.

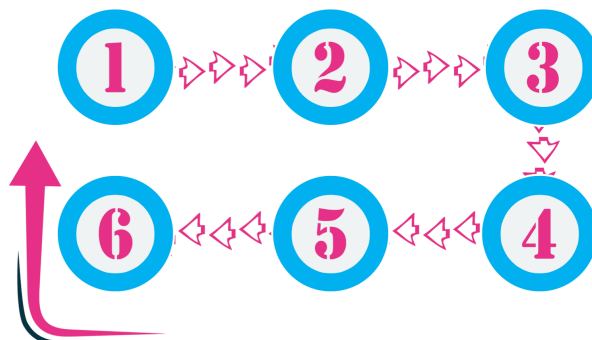
2. Can you count how many beats in 30 seconds?

3. Now you have your score, $\times 2 =$ heart rate (beats per minute).

4. What did you get?



Circuit Layout:



1. Children to complete the circuit 1 or 2 times

Remember to watch the videos or demonstrate to ensure that techniques are correct.

2. Can the children take their pulse rates at station 3 and station 4?

Q& A: Which station increased your pulse rate the most? Station 3- this is a pulse raising exercise- making your heart beat faster, pumping blood around your body to get oxygen to the muscles.

EXTENSION: Children to come up with some of their own exercises - and take their pulse rate after each exercise.

Make it harder: Try the challenge exercises, repeat circuit again

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Footwork - Start Centre - lateral jump either side	40sec	20sec	Slow the Jumps down	Increase Speed	3 x throw down strips/ spots per child
2	Inclined press up	40sec	20sec	Start from your knees	Feet on Bench	Bench or box top
3	2 x Double Jumps - forward	40sec	20sec	1 x jump forward	Increase jumps forward x 4	3 x throw down strips/ spots per child
4	Stand on one leg	40sec	20sec	Stand as long as you can then reset your position & start again	Shut one eye	No equipment
5	X- Jack	40sec	20sec	Start standing up & just do STAR JUMPS	Increase Speed	No equipment
6	Squat	40sec	20sec	Quarter squat	Pulsing squat load on the quads or squat jump	No equipment



Healthy ME

We have completed some fantastic fitness activities in PE today, but regular physical activity is essential to maintain good mental and physical health.

When and where can you participate in physical activity everyday?

What about at the weekend?

How does exercise make you feel?

A key value you may have used today is perseverance. Taking your pulse is not always easy. You may need to try a number of times before you find it



COOL DOWN

Children to create their own cool down- gentle jogging, slower movements to decrease their pulse rate. They could add some stretches.

PLENARY

*What is important when taking your pulse? e.g. make sure you take it at your wrist/neck.
How high did your pulse go? What does it mean if your pulse rate has increased?*