

Title: Circulatory System and Heart Rate

Instructional Focus:

1. 6th grade – SC.6.L.14.5

Vocabulary:

1. Circulatory System
2. Resting Heart Rate
3. Target Heart Rate Range

Materials/Resources/Graphic Organizer:

1. Resting Heart Rate Document
2. Target Heart Rate Range Calculation Document

Instruction Type(s):

1. Independent/Collaborative Practice
2. Guided Instruction

Components:

1. Before beginning the activity, provide each student with a copy of the *Resting Heart Rate* document and *Target Heart Rate Range Calculation* document.
2. Briefly discuss with the students how the circulatory system works to maintain a heart rate.
3. Have students check their own resting heart rate using the *Resting Heart Rate* document. It won't be a TRUE resting heart rate...but close enough.
 - a.** Have students document their resting heart rate. How does it compare to the average resting heart rate listed on the document?
4. Have the students calculate their target heart rate range using the formula given.
 - a.** Discuss with the students that while they are exercising/playing sports, their heart rate should be within the range they calculate to ensure safety (the heart is working hard enough....but not too hard).
5. Have the students do jumping jacks for 2-3 minutes, then have them immediately check their heart rate again.
 - a.** What are the results? Why did that happen? Why does heart rate increase during exercise?
 - b.** Was their heart rate in their target heart rate range? What variables could play a part in whether or not they reached their target heart rate range.
6. After the students have rested for approximately 5 minutes, have them check their heart rate again.
 - a.** What are the results? Why did that happen?
 - b.** How close are they to their resting heart rate? What variables could play a part in whether or not their heart rate is back down to their original heart rate?