

**Title:** The Human Body Series – Cardiovascular System

**Grade:** 3 – 5 (Science with an Integrated Language Arts segment)

**Vocabulary:**

- Cardiovascular system
- Heart

**Materials:**

- Stop watch
- Jump ropes
- PE field, gymnasium, or track to give space to run, walk, and jump rope
- Heart Rate Data Table (handout)
- Computer
- Stairs or steps

**Instruction:**

- Guided Instruction, then collaborative practice

**Components:**

- Give the students a brief over-view of the cardiovascular system (focusing on the heart). Discuss how the heart pumps blood to other areas of the body.
- Conduct several experiments to learn how your heart rate changes when you're doing various activities.
  - Five activities to conduct:
    - 1) Using the Computer; 2) Climbing Stairs; 3) Jumping Rope; 4) Running;
    - 5) Walking
    - Each of the above activities will be performed for 30 seconds, 1 minute, 3 minutes.
- Record findings on the Heart Rate Data Table.
- Have students answer questions about what occurred during each activity.