

| LEVEL       | UNIT       | LESSON Number 4                         | EQUIPMENT  |
|-------------|------------|---|--|
| First Grade | Basketball | Cardiovascular & Stretching Information | Hoops, Music, Stereo, bean bags, Cardiovascular Cards, control cones |

### Objectives

1. Improve cardiovascular endurance.
2. Using correct form demonstrate six cardiovascular exercises.
3. Move safely among other students as they travel through space.
4. Review cardiovascular information verbally.
5. Have fun.
6. Retrieve equipment safely

| Activity | Time (Minutes) | Procedure   | Comments/ Set-up/ Diagram |
|----------|----------------|---|---------------------------|
| Part 1   | 5              | <p style="text-align: center;"><u>HOOP AEROBICS</u></p> <p>The pulse rate tells you how fast your heart is pumping. Exercise makes the pulse rate go up rapidly. Most of the change takes place during the first two minutes. After that the pulse rate goes up more slowly and levels off.</p> <p>Activity</p> <p>Students complete a series of hoop movements.</p> <ul style="list-style-type: none"> <li>! Place hoop on the floor and step inside and jog.</li> <li>! Hop in and out of the hoop. Change hopping foot.</li> <li>! Jump in and out using two-footed jump.</li> <li>! Jump three times inside, three times to right and left.</li> <li>! Jump up and down three times, each time jumping a little higher.</li> <li>! Jump forward out of hoop, back into hoop, backward out of hoop and forward into hoop.</li> <li>! Place hoop on ground, run forward to hoop and jump and land in hoop on two feet.</li> <li>! Hoop jumping-use the hoop like a jump rope and try to jump five times.</li> <li>! Hop all the way around the outside of the hoop, change feet, and hop around the other way.</li> <li>! Hula hoop with hoop around your waist. See how long you can keep the hoop going.</li> <li>! Use the hoop as a steering wheel and jog around gym.</li> <li>! Place all the hoops on floor and class jogs around playing area. Students can jump into hoop and balance on one foot for a few seconds, then return to jogging.</li> <li>! Allow time for students to take a pulse rate.</li> </ul> <p><u>Teaching Tips</u></p> <p>Demonstrate all movements and let students try each of the moves. Practice four or five in succession to make a sequence of hoop moves. Try performing moves to music. Students can select their own sequence of hoop moves. Each group can demonstrate their moves.</p> |                           |
| Part 2   | 5              | <p><u>Review of Cardiovascular Cards and Cardiovascular Fitness Information</u></p> <p>(Before class, mount your fitness cards onto large sheets of construction paper and place them up on the wall, or into your colored fitness cones. The color of construction paper should match the color of your bean bags.)</p> <p>"Everyone, come over here and sit down." Seated in a group, verbally discuss the role the heart has during cardiovascular exercise. Discuss how to get the heart stronger. Discuss a concept of continuous exercise for ten minutes, a minimum of three times per week. Review the seven cardiovascular cards introduced in kindergarten.</p>   |                           |
| Part 3   | 18             | <p>"When I say go, I want you to get a bean bag and find an own space. When you get to your own space, put your bean bag on the ground." This should be a review of own space. If your students do not find a good own space, don't hesitate to have them find another own space before moving on to the next task.</p> <p>"I will begin playing the music, you will travel around the space, careful not to touch any bean bags. Don't take your bean bag with you; your bean bag should stay on the ground in your own space. When the music stops you should freeze at the closest bean bag. It does not</p>   |                           |

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|         |   | <p>matter if it is not the same bean bag that you had to start with. When you get to the bean bag, looked at the color, then find the fitness card that has the same color bean bag as the one you are standing at. I will call out how many times you should do the exercise from that card. Then when the music begins again you should begin traveling around the room. Try to think of new ways to travel each time you are moving to the music. Let's try. Ready, go." as soon as you stop the music be sure to call out how many times they should do the exercise.</p> <p>Be sure to place the cards where the class can see them easily from any point in the space you are working in. Continue with this activity for at least 10 minutes. At the end of this activity, turn the cards around and have the class review and do the stretches on the other side of the cards. While they are stretching, remind them about why they should stretch.</p> |  |
| Closure | 2 | <p>Can anyone tell me what one of the cardiovascular exercises we did today? What was one of the stretches you did today? Who remembers why we stretch our muscles? Why should we do cardiovascular exercises?</p>   |  |