

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

EQUIPMENT:

Throw down strips or spots x 24

I can participate in different exercises and try to count my pulse rate

I can participate in a variety of exercises and take my pulse rate, counting for 30 seconds

I can record my pulse rate accurately and understand what type of exercise makes it increase

WARM UP:



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Before you start the warm up, can you measure your pulse rate?

Linking learning: remember count for 30 seconds then X2

This would be your resting pulse rate.

Warm up: follow coach Kelly or warm up in pairs.

Lead your partner through a warm up. Remember in year 5 we looked at pulse raisers. What could you include in your warm up?



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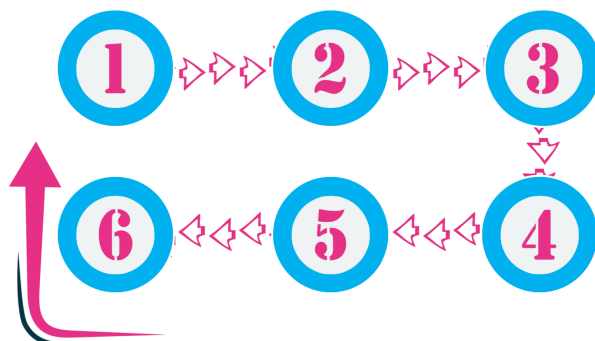
After your warm up (your pulse raiser) can you check your pulse rate again?

Has it increased? If so, how much has it increased by?

Remember that it is important to warm up to mentally and physically prepare you for exercise- getting more oxygen to your muscles!



Circuit Layout:



1. Children to **complete the circuit**

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

2. Can they take their pulse rate after each station? Can they record their pulse rate scores? **Note they would need a longer rest period to do this.**

Q&A: Which station increased your pulse rate the most?

What was the **maximum** number their pulse rate reached?

4. **Repeat the circuit** (they could record their pulse rate again and see if they are any differences).

Make it easier: Record scores after station 1. Support children with this.

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



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Can you remember what chemicals your brain produces when you exercise?
Endorphins, serotonin

Which ones are responsible for improving your mood?

The brain produces dopamine and endorphins which improve your mood.

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.



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Cool down/Warm down- this is important to bring your heart rate back down and to allow your body to recover.

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?*