

**Project FOCUS
Best Lessons
SECOND GRADE**

Title of Lesson: Great Body Shop: The Heart

Theme: Life Science

Unit Number: **Unit Title:**

Performance Standard(s) Covered (enter codes):

Enduring Standards (objectives of activity):

Habits of Mind

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

Content (key terms and topics covered):

Heart, Pulse, Exercise, Heart Rate

Learning Activity (Description in Steps)

Abstract (limit 100 characters): Teach about the heart, how it works, and how we can observe the heart.

Details: Using the Great Body Shop booklet on the heart. Start off with everyone sitting, and show them how to take their pulse on their neck. Get everyone to take their pulse while the leader (teacher, student teacher, etc.) keeps time for 15 seconds. Get everyone to say how many beats they felt and counted during the 15 seconds. Explain that they should multiply that number by 4, because 15 seconds is only a fourth of a minute and that heart rate is counted over a minute. Then get everyone to hold up a fist, explain that your fist is about the same size of your heart. Get them to pump their fist, to act out the heart beating, and ask if they could do that all day every day without stopping. Then read through the Great Body Shop booklet. After reading the booklet, go to a large open space to do some exercises. When arriving at the open space, remind them of their resting heart rate. Explain to the students that next we will all be doing jumping jacks. After doing jumping jacks for about a minute, get everyone to take their pulse again for 15 seconds. Multiply by 4 again, and say the new heart rate. Ask if it's bigger than the resting heart rate, and explain it is because the heart works harder when we are up moving around. Do another exercise after taking heart rate, can do anything that is moving around. Take heart rate again. That's all!

Materials Needed (Type and Quantity):

Great Body Shop Heart booklet, enough for your class to each have one

Notes and Tips (suggested changes, alternative methods, cautions):

Do exercises last, so that the students aren't too excited to pay attention to the lesson.

Sources/References:

- 1)
- 2)
- 3)