



1st Grade – PE/ELA

Standard (subject, number, text):

CCSS.ELA-LITERACY.W.1.2

Write informative/explanatory texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.

PE.4.4 Recognize that the heart is the most important muscle in the body and is approximately the size of a fist.

4.5 Explain that increasing the heart rate during physical activity strengthens the heart muscle.

4.6 Identify physical activities that cause the heart to beat faster

Change direction from forward and back and right and left in response to tempos, rhythms, and signals while walking, running, hopping, and jumping (i.e., locomotor skills).

Objective(s):

Students will measure their heart rate before, during, and after physical activity. They will write an informative paragraph explaining which activities cause the heart to beat faster.

4Cs:

- Communication - Students will verbally communicate with each other as they help each other find their heartbeat
- Collaboration - Students will collaborate with each other as they help each other find their heart beat



NAPA COUNTY OFFICE
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COMMUNITY PROGRAMS

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Materials:

Paper

Clipboards

Paper

stopwatch

Prerequisite Knowledge (Vocabulary, part of trail, technology, etc):
Students will need to know how to feel their heartbeat.

Lesson Summary (5-7 sentences):

- Students will move in different pathways at different speeds
- Students will stop after each type of activity and record their heartbeats
- Students will talk with a pattern and make observations about their notes
- Students will write an expository paragraph explaining which activities result in a faster heartbeat and why

Map of Trail (state if zone specific):

All Zones

Additional Resources: