



## 2<sup>nd</sup> Grade – PE/Math

### Standard (subject, number, text):

PE 2.Aerobic Capacity

4.6 Compare and contrast the function of the heart during rest and during physical activity.

4.7 Describe the relationship between the heart and lungs during physical activity.

4.8 Compare and contrast changes in heart rate before, during, and after physical activity.

PE.2 Movement Concepts

1.1 Move to open spaces within boundaries while traveling at increasing rates of speed.

PE.2 Locomotor Movement

1.5 Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force.

1.6 Skip and leap, using proper form.

CCSS.MATH.CONTENT.2.MD.D.10

Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems<sup>1</sup> using information presented in a bar graph.

### Objective(s):

Students will measure their heart rate before, during, and after physical activity. They will create a bar or picture graph to represent the data for the whole class.

### 4Cs:

- Collaboration - Students will collaborate with each other to complete the activities

### Materials:

- watch

### Prerequisite Knowledge (Vocabulary, part of trail, technology, etc):

- Students will need to know how to measure their heart rate

### Lesson Summary (5-7 sentences): Summer, Fall, Spring

- Have students move to an open area



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- Measure and record their before heart rate
- Have students jump, skip, leap, and walk/run with increasing speeds
- Measure and record their heart rate during the activities
- Discuss the function of the heart during rest and during physical activity, between the heart and lungs during physical activity
- Measure and record their heart rate after resting
- Discuss what they noticed about their heart rate during these three different times of activity.
- Use student input to create either a picture or bar graph as a class.

Map of Trail (state if zone specific): All zones

Additional Resources: