

# Cardiovascular Fitness

## Objectives

Students will:

- demonstrate knowledge of cardiovascular fitness.
- design a cardiovascular fitness program that they could implement in their daily lives.

## Procedure

1. Explain to students that cardiovascular activity:
  - increases their muscular strength
  - increases their endurance
  - clarifies their mental processes
  - improves their quality of life
  - can even extend their lives.
2. Explain to students a little about cardiovascular activity:
  - it's exercise that makes your heart stronger by making your heart beat harder and faster
  - doctors recommend that people exercise at least three times a week for at least 20 minutes each time.
3. Divide students into groups of three or four and have them brainstorm as many types of cardiovascular exercise that they can. Have them record their ideas on butcher's paper.
4. Come back together as a class, and have groups share the activities that they listed. Talk about the activities and do any needed clarifying about the definition of a cardiovascular activity.
5. Students will monitor their fitness over two weeks. Students count how many skips they can do in 30 seconds. They need to skip the same every day, that is, double skipping, fast skipping etc.
6. Each day they count and record the number of skips for that day in a table. As their fitness increases they should be able to increase the number of skips they can do in that time.
7. After two weeks students can graph their results individually, and should be able to see their improvement.



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