

## Physical & Health Education – Cool Downs & Checking Pulse

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -Participate daily in physical activity at moderate to enhance and maintain health components of fitness -Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments -Apply methods of monitoring and adjusting exertion levels in physical activity
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### Materials

-Safe space for movement (indoors or outdoors)

### Activities



#### Focus: Cool Downs and Checking Pulse

-Checking our pulse is a great way to understand and monitor physical exertion. Watch this video to learn how to check your pulse.

<https://www.youtube.com/watch?v=AHHR8qNU9QY>

-Practice checking your pulse while you are resting. What is your resting heart rate?

-Do this GoNoodle exercise video to get you warmed up.

<https://family.gonoodle.com/activities/pump-it-up>

-Check your pulse after this activity. What is your heart rate?

-Do this Cool Down activity to bring your heart rate and breathing back down.

<https://www.youtube.com/watch?v=9rOQKt6z0d4>

-Check your pulse after this activity. What is your heart rate?

-What do you notice about your heart rate during these activities? What does this tell you about your physical exertion level?

-What do we do when we are finished a physical activity? When we finish a physical activity or exercise it is important to do a cool down. A cool down is done to bring your heart rate and breathing back down which allows your body to come to a resting state. A cool down exercise is an easy exercise when you do slower movements, stretches, walks, or jogs.

#### Extension:

-Pick another physical activity to do. Practice checking your physical exertion by checking your pulse after this physical activity.