


Physical & Health Education – Cool Downs & Checking Pulse

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity designed to enhance and maintain health components of fitness -Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments -Apply methods of monitoring and adjusting exertion levels in physical activity
---	--

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