

## PE Activity

I understand how my heart works.

I can explain how physical activity keeps me healthy and strong.

**LEARNING ROADMAP**

**NOT YET!**   **GETTING THERE!**   **GOT IT!**   **WOW!**

I can explain how physical activity helps keep my heart healthy and strong.

I do not understand how being active affects my heart... yet!	I know that being active makes my heart work harder, but I don't really understand why.	I understand why being active can help my heart grow stronger.	I understand what my heart does in my body, why being active makes it stronger, and what kind of physical activity works best for keeping it strong.
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Think about where you are at with your learning. Think about your goal to achieve by the end of the lesson.

The BIG question - How does my heart work?

Watch this video explaining how the heart works.

<https://www.youtube.com/watch?v=tF9-jLZNM10&t=0s>

**What Did We Learn?**

 <p>Your heart is a muscle that pumps blood through your body.</p>	 <p>Oxygen-rich blood gets carried to muscles through arteries. Then, CO<sub>2</sub>-rich blood returns to the heart through veins.</p>	 <p>Active muscles need more oxygen, which is why your heart works harder when you are active.</p>	 <p>By having it work hard by being active every day, your heart will keep growing stronger and healthier!</p>
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Now let's get active to grow our heart stronger. Feel your heartbeat before you start.

## Activity

### You will need:

- Print out the Pokédex fitness sheet
- Print out the Pokémon cards
- Scissors
- Pencil

### What to do:

- Cut out the Pokémon cards
- Ask your parents/siblings to hide the Pokémon cards in your house/garden.
- Take your Pokédex fitness sheet and pencil and go find them!
- On each Pokémon card you find, there will be a type written on it. This type tells you what activity you will do to catch your Pokémon. The more exercise you do, the better chance of catching the Pokémon.
- For example, after catching FARFETCH'D, doing 40 high knees over 20 high knees will help you catch him!



Now reflect on our learning objective. Try to explain to someone how your heart works and how the exercises you did helped your heart grow stronger.

Now feel your heart. Is it beating faster than before you exercised?