PE Activity

I understand how my heart works.

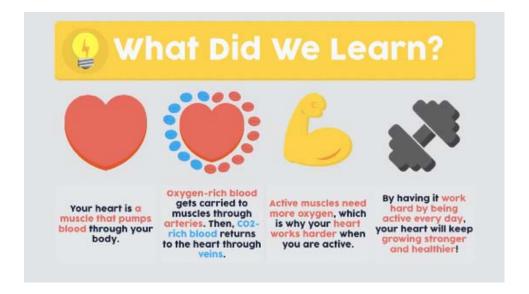
I can explain how physical activity keeps me healthy and strong.



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



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?