

## **Grade Level: High School**

### **Unit: Cardiorespiratory Moderate and Vigorous Physical Activity**

## **Lesson 6: 30min. Workout**

### **Objective**

- Students will be able to complete 30 consecutive minutes of moderate or vigorous physical activity.
- Students will be able to explain the health benefits of cardiorespiratory endurance

### **Standards**

- Participate in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day (S3.M6.6)
- Participates in moderate to vigorous muscle- and bone-strengthening physical activity (S3.M6.7)
- Participates in moderate to vigorous aerobic and/or muscle- and bone-strengthening physical activity for at least 60 minutes per day (S3.M6.8)
- Defines how the RPE Scale can be used to determine the perception of the work effort or intensity of exercise (S3.M13.7)

### **Key Vocabulary**

- Cardiorespiratory endurance
- Pacing
- Heart Rate Zones
- Rate of Perceived Exertion

### **Equipment Needs**

- Track or predetermined loop that has been measured
- Exercise bicycles
- Pool with lifeguard (if appropriate)

### **Set-up**

- Bring exercise bicycles to a location where students can be monitored by teacher
- If approved, have a lifeguard to monitor those who choose to swim for 30 minutes
- Bring class to the track or designated loop to begin workout.

### **Safety**

- Check activity area for obstacles or holes
- Make sure students address pacing concerns and overexertion
- Address weather concerns such as heat, cold, sun or rain.

### **Warm Up**

- Students will walk for 5 minutes at a slow pace. This can be on the way to the track or designated course.

### **Description**

1. Students will work out for 30 consecutive minutes attempting to stay in a moderate physical activity level. They will determine their pace based on this heart rate requirement. Possible activities include
  - a. Walk / jog / run
  - b. Exercise bike
  - c. Swim (if a lifeguard is present, certified and approved to supervise)

### **More Challenging**

- Have students attempt to achieve a goal higher than they have done in the past (to work harder than before)

### **Less Challenging**

- Give a 1 minute water break every 10 minutes (10 run, 1 water, 10 run, 1 water, 10 run)

### **Assessment**

- Written - As homework, students will write about their performance today's 30 minute workout. This should include ways they could improve, if they were successful in their goals and if they choose to continue to work on this specific skill in the future (and why).
- Physical - students will work hard enough to get their heart rates into the moderate zone in a minimum of 25 of the 30 minutes of their workout (chart will be placed in their portfolio)

### **Cool Down/Review/Closure**

- Students will walk slowly for 5 minutes to recover from their workout.
- Teacher will review the benefits of cardiorespiratory endurance on health
  - Lower obesity
  - Lower cardiovascular disease
  - Lower chance of diabetes
  - Decreased risk of other diseases