

# SAINT ANGELA SCHOOL

## ALTERNATIVE LEARNING PLAN ASSIGNMENTS

Week of April 27- April 30, 2020

Teacher Mrs. Franklin

Grade 3rd-5th

*The Alternative Learning Plan Assignments listed below will facilitate continuous uninterrupted learning with assignments based on the academic standards promulgated by the State of Illinois and the Archdiocese of Chicago. Scholars are expected to complete the assignments as described, and submit them when they return to school. That date has yet to be determined. Each Sunday around 5:00 PM, beginning on March 15 until school resumes, your scholar's Alternative Learning Plan Assignments will be posted on our school website. Parents, thank you in advance for your kind and generous assistance in extending learning into the home during this very difficult and trying time. Be safe and God bless!*

## Your Happy Heart

This lesson will help you to understand why it's important to exercise for a healthy heart. Through active movements, the heart functions most efficiently. A strong heart is more effective at circulating oxygen throughout your body.

Air has oxygen in it. When you breathe and expand your lungs, the oxygen goes into your lungs. After that, it makes its way into your bloodstream where your heart then pumps it to every part of your body.

When you become physically active, your muscles call for more oxygen, so you start to breathe faster and your heart rate increases to meet the demand of oxygen that your muscles need. The more oxygen your body gets the more energy you will have. The more you are able to get physically active, the stronger your heart will be.

### **Positive health benefits of physical activity.**

Exercise:

1. Helps your body maintain overall good health.
2. Helps build and maintain healthy and strong bones and muscles.
3. Increases flexibility and aerobic endurance.
  - leaner body because exercise helps build muscle
  - decrease chance of becoming unhealthy

- have a better outlook on life.

Now let's take a closer look at the human heart and how it ties to overall health and physical fitness. When we become physically active, our muscles call for more oxygen, so we start to breathe faster and our heart rate increases to meet the demand of oxygen that our muscles need. The more oxygen your body gets the more energy you will have.

**Do a quick activity that demonstrates how to increase the amount of oxygen in the body.**

1. Sit up tall with both legs relaxed. Rest your hands in your lap. Do not cross your ankles or legs.
2. Take slow deep breaths as you expand your lungs, slowly exhale, or breathe out.

Breathing like this helps your body build up its supply of oxygen. When you are getting physical activity, the pace of your breathing will increase because your muscles need more oxygen to work harder. After you play tag, for example, it may take a little while to "catch your breath," or for your breathing to come back to normal. At this time you may have a hard time taking in slow, deep breaths.

Questions:

1. Air has \_\_\_\_\_ in it.
2. Muscles call for more oxygen when you are \_\_\_\_\_.
3. During physical activity your breathing becomes \_\_\_\_\_ and your heart rate \_\_\_\_\_.
4. The more oxygen your body gets the more \_\_\_\_\_ you will have.
5. True or False Exercising decreases flexibility and aerobic endurance.

