

(Mrs. Slaughter) Blizzard Bag Assignments (Physical Education)

Blizzard Bag #1

(Follow the directions to complete the assignment. Download a completed copy and turn in the day we return to school. If you do not have the ability to print please see Mrs. Slaughter the day we return to school in order to complete the assignment.)

Blizzard Bag #2

(Same directions as above)

Blizzard Bag #3

(Same directions as above)

Blizzard Day #1

Mrs. Slaughter

High School Physical Education

Specific Topic: Cardiovascular Fitness

Materials Needed:

- Instruction sheet
- 12 inch step or a jump rope
- Calculator
- Watch or clock with a minute hand

Learning Targets:

- I can determine my **Resting heart rate**.
- I can determine my **Maximum heart rate**.
- I can determine my **Target heart range**.
- I can evaluate my **Cardiovascular Fitness level**.

New Vocabulary Terms:

- Resting heart rate**-The rate at which your heart beats when you are not physically active. You are sitting still. *What is it?* _____
- Maximum heart rate**-Your hearts highest heart beat rate when exercising. Exercising above this rate can result in injury. *What is it?* _____
- Target heart range**-The ideal range for your heart rate during exercise to improve cardiovascular fitness. *What is it?* _____
- Cardiovascular Fitness**-The ability of the heart, lungs and blood vessels to utilize and send fuel and oxygen to the body's tissues.

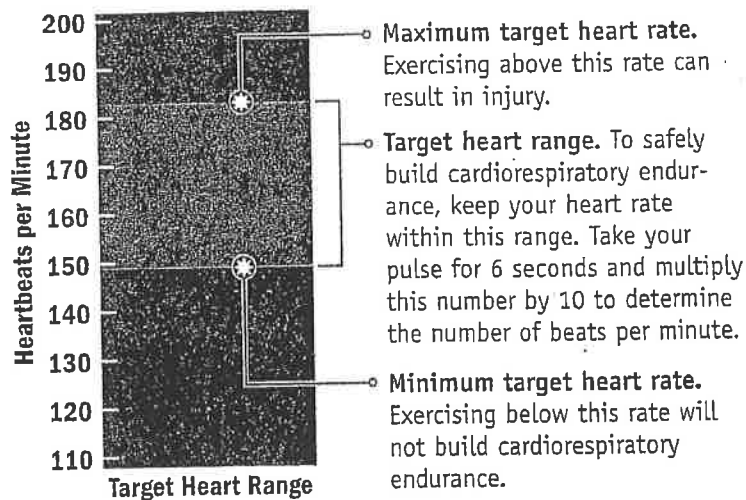
Instructions:

- Complete the Real-Life Application Activity on the attached page, first. Record your answers on the back of this worksheet. After completing this activity you will have determined resting heart rate, maximum heart rate as well as target heart range.
- To evaluate your Cardiovascular fitness you will need to perform a Step Test or you could modify the activity by jumping a rope or jumping over a flat object placed on the floor. The test lasts 3 minutes. Use a sturdy step about 12 inches high. You should perform 24-4 step cycles (i.e., up, up; down, down=1 cycle) in 1 minute or about 100 jumps in 1 minute with a jump rope.
- Take your pulse. *Do not use the thumb, which has its own pulse.* If you have trouble finding the pulse in your wrist, try finding the pulse point in your neck just below your jaw. Count the number of beats you feel for one minute. *What was it?* _____

Real-Life Application

Targeting Cardiovascular Fitness

Use these steps to find your target heart range—the ideal range for your heart rate during aerobic activity. Then do the activity to help you apply this information.



Finding Your Target Heart Range

1. Sit quietly for five minutes, and then take your pulse. *Record* This is your resting heart rate. Suppose that it is 66 beats per minute.
2. Subtract your age from 220 to find your maximum heart rate. For example, if you are 16, your maximum heart rate will be 204.
3. Subtract your resting heart rate from your maximum heart rate. (Example: $204 - 66 = 138$)
4. Multiply the number you arrived at in Step 3 by 60 percent and again by 85 percent. Round to the nearest whole numbers. (Example: $138 \times 0.60 = 83$; $138 \times 0.85 = 117$)
5. Add your resting heart rate to the numbers you arrived at in Step 4. (Example: $83 + 66 = 149$; $117 + 66 = 183$)
The resulting totals represent your target heart range (between 149 and 183).

Aerobic Conditioning

HEART RATES FOLLOWING THE STEP TEST

Subject	Excellent	Good	Above average	Average	Below average	Fair	Poor
Male	81	99	103	120	123	127	136
Female	79	94	109	118	122	129	137

Data from *Y's Way to Physical Fitness: Fitness Specialist Training Notebook* by L. Golding, C. Meyers, and W. Sinning, 1989, Chicago: YMCA of the USA.

To determine fitness level compare your pulse rate, after step test to above chart. Circle the fitness level you scored at.

Mrs. Slaughter

Specific Topic: Abdominal Muscle Strength

Materials Needed:

- Instruction sheet
- Watch or clock with a minute hand
- Space to perform the abdominal bent knee sit-up
- Someone or something to help hold your feet in place while performing the sit-up

Learning Targets:

I can determine my Abdominal Muscular Strength

New Vocabulary term:

1. **Abdominal Muscular Strength**-The ability of the abdominal muscles to perform during long periods of work.

Instructions:

1. Lie on your back with your knees bent at about a 45-degree angle and your feet slightly apart. Position your arms at your sides or across your chest.
2. With someone or something to hold your feet curl all the way up, (elbows touching the knees) and return all the way down,(shoulder blades touching the floor).
3. Continue this exercise for one minute, then record your results. _____
4. Find your score on the chart to rate your abdominal strength. _____

	Excellent	Good	Fair	Needs Improvement
Sit Ups-boys	40	35	30	25
Sit Ups-girls	35	30	25	20

5. Explain why your think having strong abdominal muscles is important.
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Blizzard Day #3

Mrs. Slaughter

High School Physical Education

Specific Topic: Exercise Comfort Zone

Materials Needed:

- Assignment work sheet and pencil
- Watch or clock with a minute hand
- Space to perform walking, jogging, or jumping rope exercises

Learning Targets:

I can determine my exercise comfort Zone.

New Vocabulary Terms:

1. **Exercise Comfort Zone**-The intensity of exercise that you enjoy working at to become a regular and consistent exerciser.
2. **Light Intensity Activity**-Activities that require almost no effort. They don't make your heart rate or your breathing increase at all.
3. **Medium Intensity Activity**-Activities that make your heart rate and your breathing increase. Most people can still carry on a conversation while participating in medium intensity activities.
4. **Vigorous Intensity Activity**-Activities that make your heart rate and your breathing significantly increase, and they make you sweat a lot when you do them. Most people find it difficult to have a conversation while participating in vigorous intensity exercise activities.
5. **Maximum Intensity Activity**-Maximum effort exercise activities make you work as hard as you can while doing them, and tire you out quickly. You can only do them for short periods of time before you need a rest.

Finding your Exercise Comfort Zone:

How hard you are exercising is directly related to how fast your heart is beating, or your pulse. If you want to figure out how hard you are exercising, you can take your pulse.

- Between the ages of 14-18:
Medium exercise will produce a heart rate of 80-120 beats per minute.
- Between the ages of 14-18:
Vigorous exercise will produce a heart rate of 120-160 beats per minute.
- Both medium and vigorous exercises are good for your health.
- **What is most important is sticking with your exercise program. So pick the intensity level that is most enjoyable and rewarding for you.**

Jogging is a **Vigorous Intensity Activity**. They make your heart rate increase to 120-160 beats per minute.

Jog in place or around a space for 2 minutes

Was your pulse between 120-160 beats per minute after jogging? YES NO
Can you think of some other of vigorous intensity exercise activities? List them below:

If you enjoy participating in vigorous intensity exercise activities, you should aim to exercise for 20+ minutes, 3 or more days per week.

Maximum Intensity Activity

4. Finally, run in place as fast as you can, using quick tapping steps or jump a rope as fast as you can for 2 minutes. Immediately following the end of 2 minutes, take your pulse for 1 minute. Write down your pulse and answer the questions about how you feel.
 - a. My pulse is _____ beats in 1 minute.
 - b. Are you sweating? YES NO
 - c. Are you breathing hard? YES NO
 - d. Does your heart feel like it is beating fast? YES NO
 - e. Could you run or jump rope like this for 20 minutes without stopping? YES NO

Running in place or jumping rope, as fast as you can is a **Maximum Intensity Activity**. Can you think of other maximum effort activities that you could do? List them below:

Maximum effort exercise activities are too difficult to continue doing for 20-30 minutes straight. If you are doing maximum effort activities, slow down!! You are out of your comfort zone!!!

Circle the activity you enjoyed the most: the medium intensity activity (walking), the vigorous intensity activity (jogging), or the maximum effort activity (running or jumping rope as fast as you can)?

MEDIUM INTENSITY VIGOROUS INTENSITY MAXIMUM INTENSITY

The intensity that you chose, that you enjoy the most, is your comfort zone! Choose to do activities in your comfort zone.

Explain why you think exercising in your comfort zone is important.