

## 5210+ Lesson 1

### Agenda:

Pre-Test (15 minutes)

Exercise and Sleep Lesson (10 minutes)

Objective: Students will be able to calculate their heart rate and track a change after exercise.

Students will be able to explain why sleep and exercise work together to help you keep focus, grow, and be healthy!

CA CC Standards: SL 4-6.1a-d, SL 4-6.3, SL 4-6.4, SL 4-6.6, L 6.4a, L 6.6

Explain the 5210-challenge worksheet, it's a competition. The goal is to see how all of the numbers in 5210+ help encourage you to not just be healthier, but to *feel* better. Students who complete the worksheet will receive a school good behavior card, those who score the most points in the class will receive a 5210+ water bottle!

### Heart Rate Demo

Students will put their hands on their wrists or on their necks. They will try to find a pulse. Once they find it they will count each pulse that they feel, after 15 seconds they will stop. Intense running in place for 30 seconds then they will feel their heart rate again. There will be a change.

### Importance of Endorphins

Endorphins are released when your heart rate increases during exercise. After 15 minutes of increasing your heart rate your body releases endorphins which help you feel less stressed, get better sleep, lower blood pressure, increase focus, and increase a "feel-good" feeling.

### Importance of Sleep

Sleeping is also very important, at your age your body is growing a lot, sleeping is when your body does the most growing, learning, and resting from the day.

What do you feel like when you don't get enough sleep? Pair share for 30 seconds

How do you feel when you do get enough sleep? Share with the class

When you exercise you get better sleep, you increase focus, and you have that "runner's high" a feel good feeling. And then when you get enough sleep your body heals and gets stronger from the exercise, you sleep deeper and get more restful sleep, and you increase your focus because of better blood flow. Sleeping well and exercising work together to help keep you feeling your best! It is all a cycle!