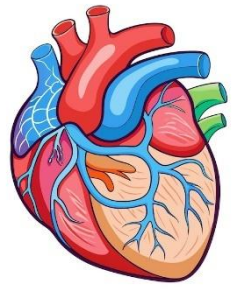


# Have a Heart



After raising your own heart rate, you are challenged to raise the heart rate of your school! As sport scientists, you will need to create a plan for a sporting activity to get the pulses racing of the children at your school. You can complete this on your own, in pairs or as a three.

Who will be the next Joe Wicks and get Hillview fighting fit?

You will have an opportunity to share your home learning with other children. Your activities will then be tried out, and your participants will provide you with feedback so that you can reflect and adapt your ideas for next time.

You will be expected to help your participants understand how exercise has a positive impact on their bodies.

Please bring in your completed home learning by **Wednesday 25<sup>th</sup> March.**

As sport scientists you will:

- Prove that exercise impacts heart rate
- Explain how lifestyle choices can have an impact on our bodies
- Research physical activity to support heart health
- Plan a sequence of activities aimed at children within school
- Clearly explain how to play or take part in the activities that you have created
- Support other children in trying out your planned activities
- Evaluate the physical activity and make changes to improve for next time

You may be inspired by these ideas:

Circuit training  
Cool-down

HITT workout  
Team games

Stretches  
Zumba

Warm-up

