

## Grade 4 Health and Physical Education

These assignments can be found in the OneNote online notebook that each student has from their regular teacher. Please have the assignment completed by the due date assigned.

Grade 4 Health Assignment 1 Due: 3/20/20

Click on the link below to watch the video. Please answer the questions after watching. Please restate the question and write in complete sentences.

<https://mysteryscience.com/mini-lessons/blood#slide-id-7381>

Questions:

What are arteries?

What are veins?

Why does blood go to the small intestines?

What does blood carry?

What does the blood get from the lungs?

Grade 4 Physical Education Assignment 2 Due: 3/27/20

Step 1: Watch the video about how to take your pulse.

<https://www.youtube.com/watch?v=BSIRvD-CZSo>

Step 2: Take your resting heart rate. Use a stopwatch or you phone timer and take your pulse for 30 seconds and then multiply that number by two.

\_\_\_\_\_ beats X 2= \_\_\_\_\_

Step:3 Walk around your house for 2 minutes.

Step 4: Take your pulse again

\_\_\_\_\_ beats X 2= \_\_\_\_\_

Step 5: Do 50 Jumping jacks as fast as you can.

Step 6: Take your pulse again

\_\_\_\_\_ beats X 2= \_\_\_\_\_

Step 7: Rest for 3 minutes

Step 8: Take you pulse again

\_\_\_\_\_ beats X 2= \_\_\_\_\_

Answer these questions:

1. What happened to your heartrate when you walked?
2. What happened to your heartrate when you did the jumping jacks?
3. What happened to your heartrate when you rested?