

Suggestions For Using This Mini-Unit

This resource was developed by a National Teacher of the Year who taught at the middle school, high school and university levels. One of the primary goals when developing this resource was to **make everything easier for the teacher**. All of the research and time-consuming work is already done. The only thing that a teacher needs to do is decide on the level of difficulty for the students and make copies at the copy machine. A description of each component follows.

Article: Aerobic Exercise

In addition to describing the health benefits that aerobic exercise provides, this article provides the readers with the correct training principles for their personal aerobic exercise program. The information is presented in a manner which is easy for the students to understand.

Many teachers who have been using these Mini-Units for their students have found another use for the articles. They make copies of the article (along with one of the puzzles) and distribute them to the staff as part of their Worksite Wellness program.

Educational Puzzles

There are four levels of Crossword puzzles and five levels of Word Search puzzles. The puzzles are arranged with Level One being the easiest to complete and the highest level being the most difficult.

The puzzles are an entertaining way to introduce the students to the vocabulary terms that will be included in a lesson and help to reinforce reading, spelling and comprehension skills. They can also be given to students who finish their classroom work early or to study hall students who say that they have "nothing to do." All of the puzzles come with an Answer Key.

Tests and Review Questions

Because each Mini-Unit is designed for multiple grade levels, there are several levels of Tests and Review Questions. Like the Educational Puzzles, the higher the level, the more difficult the material. **In addition to using as standard assignments, Review Questions can be used as alternate work for homebound students, for non-participants in gym class, for make-up work due to an absence, for extra credit, etc.** All of the Tests and Review Questions come with an Answer Key.

Worksheets

The three Worksheets levels are similar to the Tests and Review Questions but are arranged to be easier for the students to complete. Each Worksheet is arranged so that the questions are in the same order as the information presented in the article. This is especially useful if using the Worksheets as explained in the Teacher Lesson Plan. All of the Worksheets come with an Answer Key.

Teacher Lesson Plan

This Lesson Plan can be used by the classroom teacher for a daily class or it can be set aside for a substitute teacher who is not familiar with the topic.

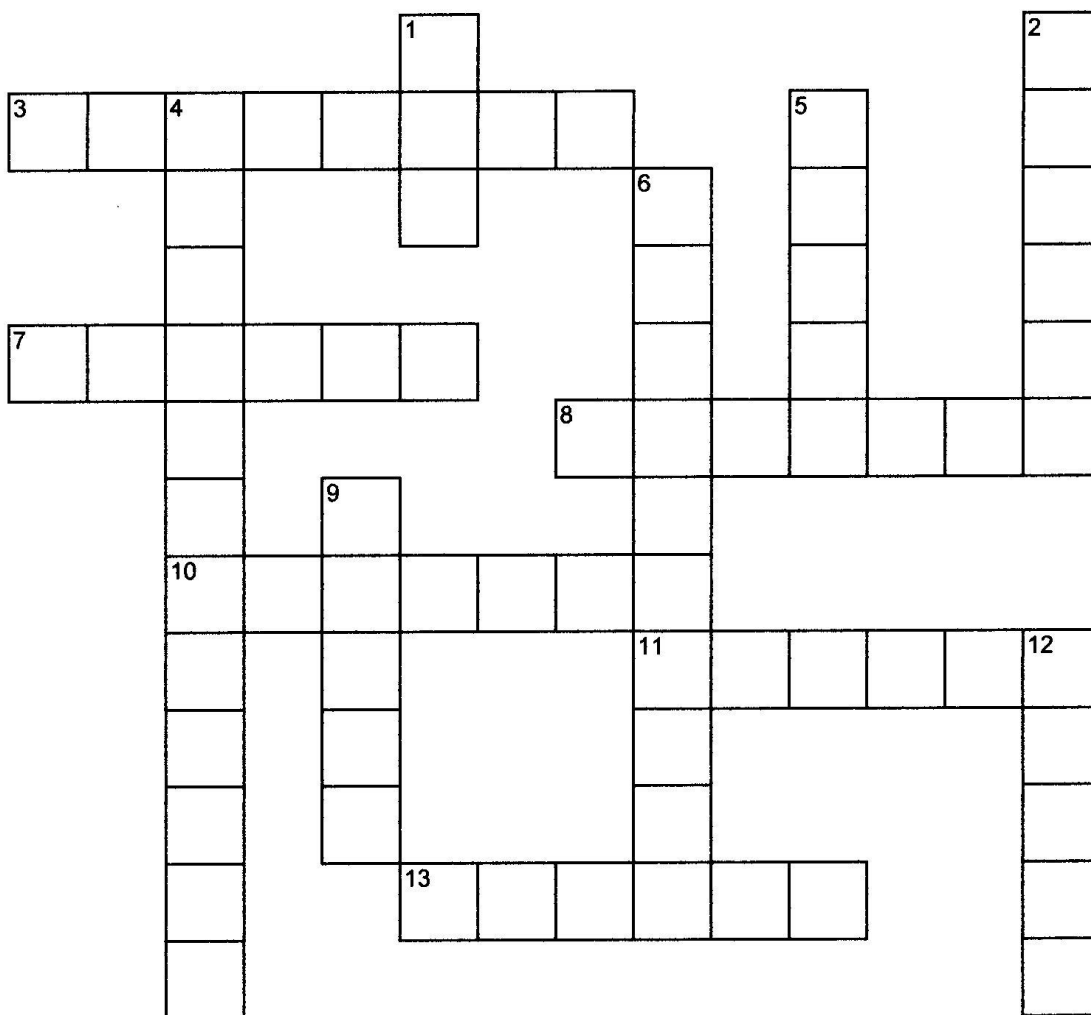
You can review the descriptions of other Mini Units at EnjoyTeachingHealth.com

Table of Contents

Aerobic Exercise

<u>PAGE</u>	<u>TOPIC</u>
1.....	Table of Contents
2.....	Suggestions for Using This Mini Unit
3-5.....	Article: Aerobic Exercise
6-13.....	Crossword Puzzles and Solutions – Levels One Through Four
14-23.....	Word Search Puzzles and Solutions – Levels One Through Five
24.....	True or False Test – Level One
25-28.....	Tests and Review Questions – Levels One Through Three
29.....	True of False Test Answer Key
30.....	Test and Review Question Solutions
31.....	Teacher Lesson Plan
32-34.....	Worksheets for Lesson Plan – Levels One Through Three
35-37.....	Worksheet Solutions

Aerobic Exercise - Level Two



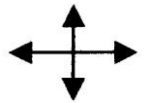
Across

- 3** Always perform a _____ after an aerobic exercise.
- 7** A _____ session will prepare the body for a better workout.
- 8** Your Target Heart Rate should be between _____ to 85% of your Maximum Heart Rate.
- 10** Blood Pressure can be lowered with _____ exercise.
- 11** Exercising in the Target Heart Rate zone will contribute toward _____ benefits.
- 13** More stress is placed on your body if you have excess _____.

Down

- 1** Aerobic exercise is a _____ intensity physical activity.
- 2** A warm-up session will reduce the chance of _____.
- 4** Exercising too hard is called _____.
- 5** You should exercise at least _____ times a week.
- 6** _____ is not a warm-up exercise.
- 9** If you like to exercise every day, consider _____ training.
- 12** Aerobic exercisers must work hard enough to elevate their _____ rate.

Aerobic Exercise - Level Three



K R P K W L K E X E R C I S E L R M Z K F R G Y G K
T Z Y K H X P T X C D D T K D V Q C P F Y J M R N P
F J N F B M R A N H I G H Y P E R T E N S I O N I L
C E Z J Y W N R M O A J H L L T J A V Z T V M W N V
X X N Y T Y T T S L B W Q J D M B E N Y G Z N L I N
B E G T I Z T R E E E A Q M F T Q R T C K P Q N A O
H R X I V C X A D S T R L Q H E I O N R Y J N J R X
E C X V I T M E E T E M X L V S N B W O E N J R T Y
A I N I T O Q H N E S - H Z N A T I B T K W N L R G
R S E T C B Y T T R V U B L H E E C E C O O L G E E
T I T C A E H E A O N P R N M S N E T A R D F M V N
A N A A S S T G R L T Y F V P I S X A F T L W T O Z
T G R Q U E L R Y Z X V B Q V D I E R K S O X M V P
T R T E O B A A G Y Y P C V J X T R T S K O C H N K
A F R I R Y E T A R E S L U P T Y C R I K C B R Z J
C Q A R O Q H E A R T W K L Y K W I A R C H L T B M
K R E O G S A T U R A T E D F A T S E Y W B H Q G T
V L H L I L O V E R W E I G H T X E H X P N H T Q C
N L M A V B Y L K M O D E R A T E A C T I V I T Y R
P M U C A E R O B I C W J E R U S S E R P D O O L B
T W M G D B B W K W K K C N O I T A L U C R I C V T
F T I R B D Z E L Y T S E F I L C A L O R I E S K M
G R X C R M N K G K K H F L B H T L A E H T R A E H
R N A G Y T I L I B I X E L F Y T I S E B O T P R D
Z L M Y K L T T F N J R C R O S S T R A I N I N G K
T Z G K K Y Z D R T E I D Y B M G N I H C T E R T S

Activity
Aerobic
Aerobic Exercise
Blood Pressure
Calorie
Calories
Cholesterol
Circulation
Cool-down
Cross Training

Diabetes
Diet
Disease
Exercise
Exercising
Flexibility
Health
Heart
Heart Attack
Heart Health

Heart Rate
Hypertension
Intensity
Lifestyle
Maximum Heart Rate
Moderate Activity
Obese
Obesity
Overtraining
Overweight

Oxygen
Pulse Rate
Risk Factor
Saturated Fat
Sedentary
Stretching
Stroke
Target Heart Rate
Vigorous Activity
Warm-up

Name _____

class _____

grade _____

Test or Questions for Review - Level Two

Aerobic Exercise

Directions: From the information included in the article you read, complete each statement with the best answer.

1. Most experts agree that aerobic exercises should last at least _____ continuous minutes.
2. The aerobic exercise zone is referred to as the _____ or Training Heart Rate zone.
3. The maximum number of times that your heart will beat per minute is called your Maximum Heart _____.
4. The most common way to estimate your Maximum Heart Rate is to subtract your _____ from 220.
5. Exercising in the Target Heart Rate zone will contribute toward _____ benefits.
6. The common term for exercising too hard is _____.
7. More stress is placed on your body if you have excess _____.
8. A warm-up session will reduce the chance of _____ during the workout.
9. _____ is not a good warm-up exercise.
10. Aerobic exercise helps to lower both systolic and diastolic _____ pressures.
11. Aerobic exercisers must work hard enough to _____ their heart rate.
12. As you age (get older), your Maximum Heart Rate _____.
13. Walking at a moderate pace can be a good selection of a _____ activity.
14. For most healthy individuals, the cool-down period can be stopped when their heart rate goes below _____ beats per minute.
15. Aerobic exercise helps to lower the bad _____.

Make Learning Fun with Mini Health Education Units and Phy Ed Activities

for grades 4-6, 7-8, 9-12



© 2012 EnjoyTeachingHealth.com

only **\$19.95**
per unit

Developed by **Three Time Teacher of the Year**, these resources were **developed to save teachers time and reduce their workload**. The units include a wide variety of learning level activities so that the teachers can select the levels that are most appropriate for their students. YOU select the activity level depending on the students' grade level and ability. Activities last from 15 to 50 minutes.

Save money on health education textbooks. You can reproduce enough copies so that every student in your school has their own copy.

In addition to using this resource to teach an entire class of students, it can be used as follows:

- **Alternate work for students who cannot participate in a physical activity** such as physical education class or homebound students
- **Take-home assignment** for students who were absent the day this lesson was taught in class
- **Assignments or tests** not used during the regular classroom instruction can be completed by students for **extra credit**
- The **crossword and word search puzzles** are excellent motivators for reviewing key unit terminology. They can be used for students who finish their class work early or for students who say that they have "nothing to do."
- The short **Chapter Articles** can also be distributed to members of the staff as part of the Worksite Wellness Program. Experience has demonstrated that staff members also like the puzzles.

Also included with each unit is a **Lesson Plan** which can be used by the teacher for a daily class or it can be set aside for a substitute teacher who is not familiar with the topic.

ALL of the work has been done for the teacher. The only thing that a teacher needs to do is read the Lesson Plan and print out the materials.