

# Grade Kindergarten- Science Lesson

## Tuesday June 2, 2020 My Body- The Heart

**Overview:** During May we studied the human body. We learned about The Five Senses and the Brain. This week's lessons are going to focus on the heart. What does our heart help us do?

### Things to Know:

1. Sit with mom, dad, grandparent or guardian, or your older brother or sister to enjoy the activities.
2. You will not need to submit any work for today's lesson.
3. Today's lesson for Science will be an introduction of our heart.
4. Listen to the fun videos explaining the importance of the heart. You will watch/listen to a Brain Pop, Jr. video and complete a simple test and an activity about measuring your heart rate.

**Explanation:** We are going to review the body parts we have learned about in our Science unit, My body. We will watch a Brain Pop, Jr video and learn about the heart and measuring our heart rate. We will complete a simple test about The Heart and complete a fun activity comparing heart rates with a family member.

Tasks	Resources
<b>Lesson Introduction:</b>	Do you remember what parts of our body we have learned about during this unit, My Body??
<b>Review of Body Parts We Studied</b>	Can you look at the picture of the body below and point to:  The eyes The ears The mouth/tongue The nose The hands The brain The heart



**1.Learn:**

**What does the heart do?**

**Click on the link and listen/watch**

**Your heart is in your chest. Your rib bones protect it. The heart is a very strong muscle. About the size of your fist. The heart pumps blood all through your body. The heart never stops. Your heart has four parts called chambers. Two of the chambers ump blood into the heart. Two of the chambers pump blood out of the heart.**

**Here is a fun Brain Pop, Jr. video to learn more about your heart. Enjoy it!!**

<p><b>The video all about the human heart.</b></p>	<p><a href="https://jr.brainpop.com/health/bodies/heart/">https://jr.brainpop.com/health/bodies/heart/</a></p>
<p><b>2. Do:</b></p> <p><b>Learn to compare your heart rates after doing different activities.</b></p>	<p>After watching the Brain Pop, Jr. video about the heart, click on the picture under the video that has the word “Activity” written on it with a picture of a scissors next to it.</p> <p>Ask mom, dad, or an older sibling to help you complete the activity. Learn how to measure your heart rate. Then compare your heart rate after different activities. Compare your heart rates with the rates of the person helping you. How does you heart rate change? Share your ideas with the person helping you.</p>
<p><b>3. Try:</b></p> <p>.</p>	<p>After watching the Brain Pop, Jr. video about the heart, click on the “Simple Test” located under the video. Have mom, dad, or an older sibling read the questions to you. Challenge yourself to get all of the answers correct- 100%! You can do it 😊</p>
<p><b>4. Extra Practice:</b></p>	<p>Enjoy this video, <b>How to Feel Your Heart Beat</b>, to learn additional information about your heart:</p> <p><a href="https://safeYouTube.net/w/EtFI">https://safeYouTube.net/w/EtFI</a></p>
<p><b>5. How is this assignment turned into the teacher?</b></p>	<p>No assignments need to be turned in with the lesson today. Please just talk with a family member about what your heart does and how it helps us every day. What we can do to keep our heart healthy. We can also “conference” about your work if you are having difficulty during my “office hours”. Thank you and have fun learning today!</p>