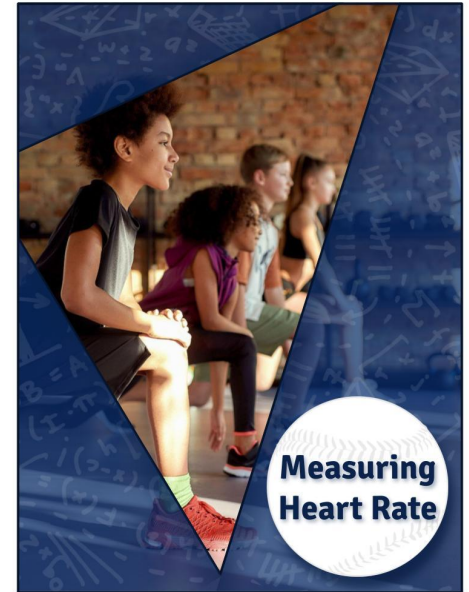
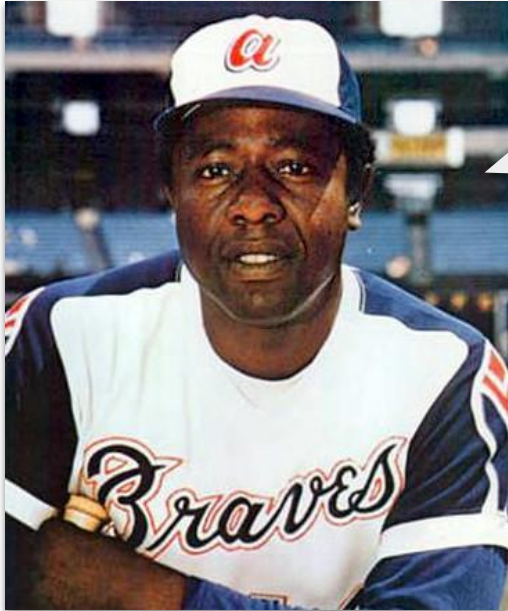


Measuring Heart Rate

Activity	Time	Description
Activity 1	35 minutes	You will measure your heart rate after different activities: sitting, walking, after sit-ups, and after jumping jacks. You will plot your data on a graph!
Activity 2	20 minutes	You will watch a video of an inspirational baseball player who demonstrates effort and persistence both as a player and a coach. You will work with a partner to identify one goal you want to accomplish, and several things you can do to work towards that goal.



Measuring Heart Rate



“You may not think you’re going to make it. You may want to quit. But if you keep your eye on the ball, you can accomplish anything.”
–Hank Aaron

What does this quote mean to you?
What message is Hank Aaron trying to send?

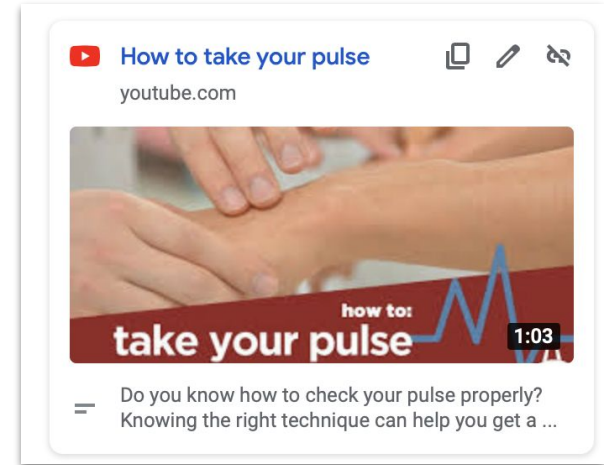
Activity 1: Measuring Heart Rate

- What does heart rate mean?
- Who has measured their heart rate before?
- How did you measure it?
- What makes your heart rate faster? Slower?



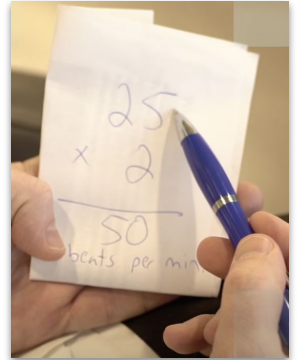
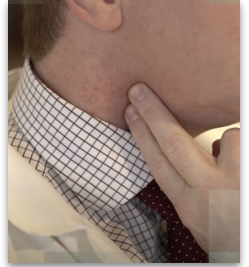
How to measure your pulse/heart rate manually:

[How to take your pulse](#)



Steps to Take Your Pulse

1. Place your first 2 fingers on the inside of your wrist or under your jaw.
2. Feel for a strong pulse. The beat should be steady and regular.
3. Count the number of beats in 30 seconds.



How can we find the number of beats in 1 minute?

4. Multiply that number by 2 to get the number of beats in 1 minute.



Measuring Heart Rate: All Together

RESTING (1 minute): Pulse _____/minute (after resting/sitting)

WALKING (1 minute): Pulse _____/minute (after walking)

SIT-UPS (1 minute): Pulse _____/minute (after sit-ups)

JUMP/JOG (1 minute): Pulse _____/minute (after jumping or jogging)

Record Your Pulse after each Activity



Round 1: At rest, sit on a chair comfortably with feet on the ground for 1 minute. Measure your heart rate manually.



Round 2: Walk in place for 1 minute. Measure your heart rate manually.



Round 3: Do sit-ups for 1 minute. Measure your heart rate manually.



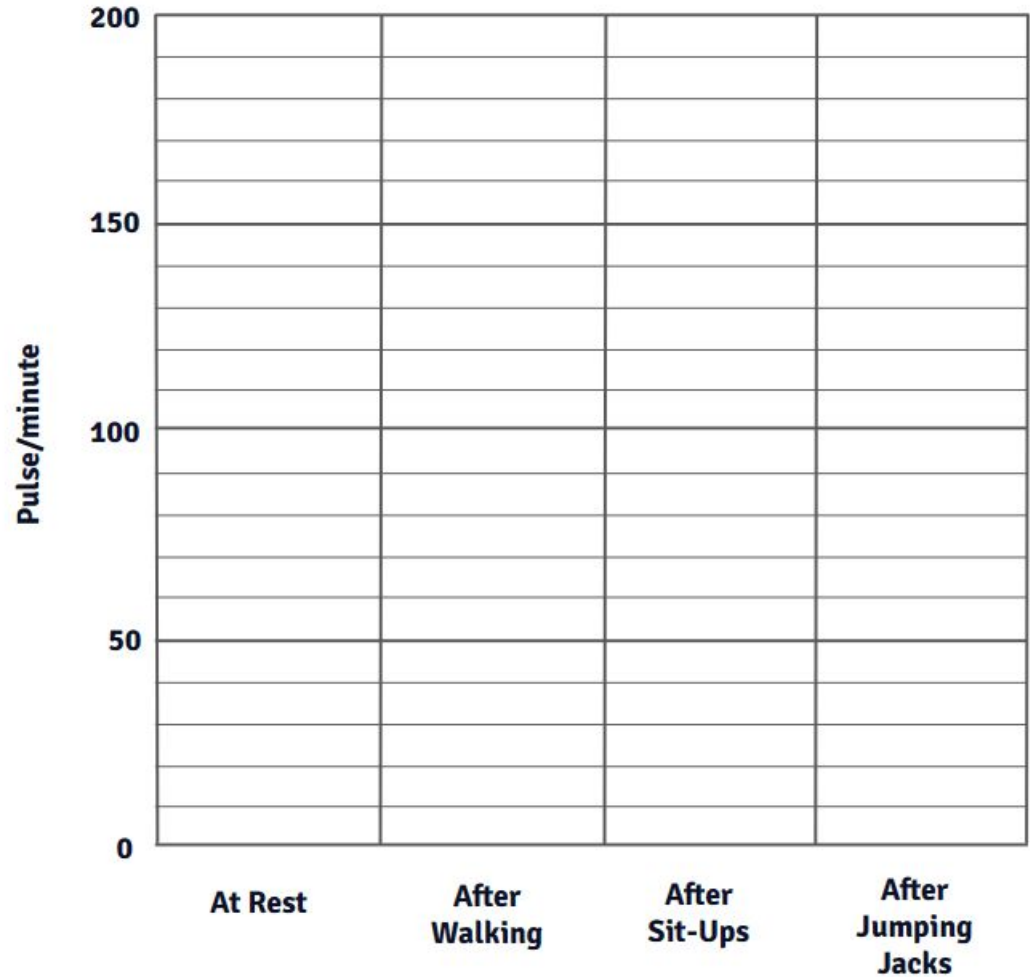
Round 4: Do jumping jacks for 1 minute. Measure your heart rate manually.



Let's practice graphing our data.

What if we had 60 beats per minute at rest? How do we show that on the graph?

What if we had 115 beats per minute after sit ups? How do we show that on the graph?





- Which activities result in the highest heart rate? Why?
- Why is it important to have a healthy heart and to be physically fit?

Activity 2: Effort-Based Goals



VIDEO: [Baseball's Oldest Rookie Jim Morris](#)



What are key “life lessons” from this video?

Partners: Setting Goals

1. **Select 1 goal** (related to sports, school, or another activity) and share with a partner.
2. Brainstorm **3 different things** you can do to **make progress** towards your goal.

Worksheet 2 – Effort-Focused Goals

1. Select 1 goal (something you want to work on) related to sports, or school, or another activity. Record your goal, and 3 things you can do to work towards your goal.

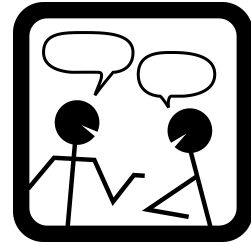
2. Next, brainstorm a fixed mindset statement and a growth mindset statement related to your goal.

My goal:

Three things I can do to work towards my goal:

- 1.
- 2.
- 3.

Fixed Mindset Statement about My Goal	Growth Mindset Statement about My Goal



Example:

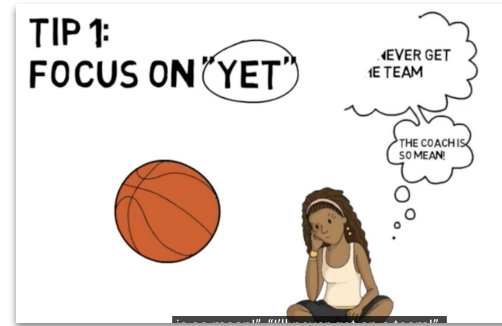
My goal: Run longer distances without getting tired.

3 things I can do to work towards my goal:

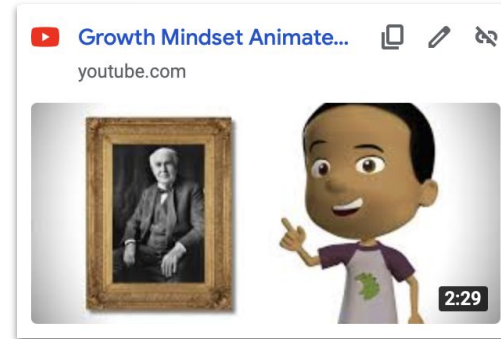
1. Practice running at least 4 days every week.
2. Drink lots of water, and eat healthy food to give me more energy for running.
3. Do other exercises for endurance, like jumping rope.

Fixed Mindset vs. Growth Mindset

Growth Mindset of Athletic Ability



Growth Mindset Animated Lesson



Turning FIXED MINDSET into...

- I can't throw a fast pitch
- I can't run long distances
- I can't do multiplication fast facts
- I can't spell long words

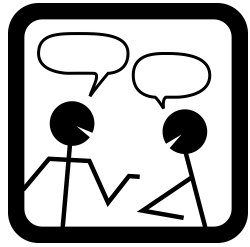


GROWTH MINDSET!

- I can't throw a fast pitch ... YET!
But my arm is getting stronger each practice.
- I can't run long distances ... YET!
But if I keep training, I will be able to.
- I can't do multiplication fast facts ... YET!
But if I practice, I'll improve.
- I can't spell long words YET!
But I am study some words and getting better.

Partners: Setting Goals

3. Brainstorm a **fixed mindset** and a **growth mindset** statements related to your goal.



Worksheet 2 – Effort-Focused Goals

1. Select 1 goal (something you want to work on) related to sports, or school, or another activity. Record your goal, and 3 things you can do to work towards your goal.

2. Next, brainstorm a fixed mindset statement and a growth mindset statement related to your goal.

My goal:

Three things I can do to work towards my goal:

- 1.
- 2.
- 3.

**Fixed Mindset Statement
about My Goal**

**Growth Mindset Statement
about My Goal**

Example:

Fixed Mindset Statement	Growth Mindset Statements
Every time I run for more than 5 minutes, I am exhausted. I am not built for running! I won't ever be able to run longer distances.	I can run for 3-4 minutes without getting tired. That is a good start! I am going to try to run a little longer each week. I can't run for longer distances YET, but I will be able to soon.



- Why is it important to set goals for yourself?
- How can effort help you work towards your goals?