

Integrated unit 4: Games Level 1, Unit 4 – Cardiovascular endurance

LEARNING OUTCOMES

The students will:

- *display an understanding of the concept of CV Endurance and how / why it is necessary for invasion games*
- *experience changes in their heart rate and understand the reasons for these changes*
- *understand the problems and concepts inherent in invasion games.*

EQUIPMENT

Borg scale (resource material), stop watch, equipment as per unit 4, level 1 Invasion Games.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<i>Warm up & stretching</i>	<i>Muscle group identification.</i>	<i>2 v 2 passing games. See how many consecutive passes your group can make. Stretching – identify muscles being stretched.</i>	<i>Check HR before warm up. Check HR after warm up. Give names of major muscle groups.</i>
<i>Development</i>	<i>Monitoring exertion. CV endurance. Pulse measurement.</i>	<i>As unit 4 Invasion Games. 4 v 4 Invasion Games. 2 v 2 with agreed rules etc. If time allows continue with unit as before (in level 1, unit 4 of Games) i.e., 3 v 1. Students play 3 v 1 game with specific boundaries. If time does not allow for 3 v 1 game, go straight to conclusion. Rate of perceived exertion. Students rate their own exertion having studied the scale. Relate level of perceived exertion to HR. Take HR for six seconds. If student thinks he / she is working 'hard' he should have counted 15 beats in 6 seconds, therefore giving HR of 150 beats per minute.</i>	<i>Use Borg Scale from resource materials. Students take HR immediately upon stopping game. Explain that CV endurance is the ability of the heart and lungs to provide oxygen to the muscles for continuous activity, involving large muscle groups, over a prolonged period of time.</i>
<i>Conclusion</i>		<i>Gradually decrease intensity of game. Students jog, then walk around court area, while still playing game and focusing on positions etc. Stretching exercise. Check HR at end of cool down. Explain why HR went up during activity then down again at the end of cool down.</i>	<i>Teacher reinforces muscle groups. Teacher explains reasons for decreased HR, i.e., decrease in oxygen debt in muscles due to reduction in level of activity, therefore decrease in demand on heart to provide oxygen to the muscles.</i>