

Name: _____

Class: _____

Jump Rope for Heart Rubric

Skills component:

- Learn and demonstrate the skills listed for your grade level.
- Participate and perform as a member of a jump rope team.
- Have pedometer scores consistent with classmates.

Cognitive component:

Anatomy and Physiology

- Demonstrate the flow of blood through the heart and circulatory system
- Use appropriate vocabulary for parts and functions of heart and circulatory system.
- Label the parts of the heart

Lifestyles/Risk Factors for Heart Disease

- List four risk factors
- List lifestyle activities that help prevent Heart Disease
- List four benefits of exercise

Skills Routine Planning (Team activities)

- Music has a strong beat between 130 and 135 beats per minute
- Chart specific skills per beat on the routine chart
- Chart formations used in routine
- Create rap, poem, or song telling the flow of blood through the heart

Interactive Behaviors:

- Cooperate as a member of the whole class, practicing jumping as is required for learning the specified number of jumping skills for grade level.
- Cooperate as a member of a jump rope team, planning, practicing and performing.

List two types of cardiovascular disease.

HEART ATTACK

STROKE

List four risk factors for cardiovascular disease

SMOKING

OVER WEIGHT/OBESITY

HIGH BLOOD PRESSURE

HIGH CHOLESTEROL

List four benefits of regular exercise

DECREASE BLOOD PRESSURE

REDUCE STRESS

INCREASE MUSCLE AND BONE STRENGTH

MAINTAIN HEALTHY WEIGHT

Be able to locate, identify, and or describe the functions of the following vocabulary words:

Right Atrium	Valve	Vena cava	Pulse
Right Ventricle	Arteries	Lungs	Blood pressure
Left Atrium	Veins	Pulmonary Vein	Stroke
Left Ventricle	Pulmonary Artery	Aerobic Exercise	Heart attack
Aorta	Coronary Artery	Blood Cholesterol	Stethoscope

JUMP ROPE FOR HEART STUDY GUIDE

