Name:		Class:
Jump Rope for Heart Rubric		
 Skills component: Learn and demonstrate the skills listed f Participate and perform as a member of Have pedometer scores consistent with 	a jump rope team.	
Cognitive component:		
Anatomy and Physiology Demonstrate the flow of ble Use appropriate vocabulare Label the parts of the hear Lifestyles/Risk Factors for Heart Disease List four risk factors List lifestyle activities that List four benefits of exercise Skills Routine Planning (Team activities) Music has a strong beat be Chart specific skills per be Chart formations used in recognitions.	ry for parts and function the help prevent Heart D se) etween 130 and 135 eat on the routine cha outine	ions of heart and circulatory system. visease beats per minute
for learning the spe	cified number of jum	ass, practicing jumping as is required ping skills for grade level. team, planning, practicing and
List two types of cardiovascular disease. HEART ATTACK List four risk factors for cardiovascular disease SMOKING HIGH BLOOD PRESSURE List four benefits of regular exercise DECREASE BLOOD PRESSURI INCREASE MUSCLE AND BONI	OVER WEIGHT/OE HIGH CHOLESTER E	

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

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

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:

SEPTUM The wall between the ventricles

VEINS The blood vessels that bring blood toward the heart VENA CAVA The large vein that brings blood into the right atrium

RIGHT ATRIUM

The chamber in the heart that pushes the blood into the right ventricle

PULMONARY ARTERY The large vessel that takes the blood to the lungs LUNGS The blood exchanges carbon dioxide for oxygen

PULMONARY VEIN

LEFT ATRIUM

The large vessel that takes the blood from the lungs to the left atrium

The chamber in the heart that pushes the blood to the left ventricle

The chamber in the heart that pushes the blood into the aorta

AORTA The large vessel that carries the blood to the body

VALVES The space between atriums, ventricles and in blood veins that allow the

blood to flow only in one direction

PULSE The beat of the heart – the muscular squeezing of the atrium and ventricles

BLOOD PRESSURE The force of the blood through the circulatory system

STROKE When either a blood clot stops up a vessel or a vessel breaks

HEART ATTACK The heart does not pump blood as it should

STETHOSCOPE A tool for listening to the heart BLOOD CHOLESTEROL Fat that travels in the blood