



## The Heart and How to Help It

**Lesson Title:** The Heart and How to Help It

**Grade Level:** 6<sup>th</sup>-12<sup>th</sup>

**Purpose:** Teach age appropriate skills for fire and life safety while teaching to statewide learning standards.

**Materials Needed (Optional):**

For Homemade Mannequin

- Empty 2 Liter Soda Bottle
- T-Shirt
- 3 Rubber Bands
- Paper Towels

**Standards:**

**Next Generation Science Standards:**

**Science:**

[MS-LS1-2 From Molecules to Organisms: Structures and Processes](#)

Develop and use a model to describe the function of a cell as a whole and ways parts of cells contribute to the function.

[MS-LS1-3 From Molecules to Organisms: Structures and Processes](#)

Use argument supported by evidence for how the body is a system of interacting subsystems composed of groups of cells.

[HS-LS1-2 From Molecules to Organisms: Structures and Processes](#)

Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.

**Washington State Health and PE Standards**

**Health**

[H7.Sa2.HSa](#) Apply basic first aid skills.

[H7.Sa2.HSb](#) Demonstrate CPR and AED procedures.

**Safety:**

- Hands Only CPR
- AED

**Objectives:** The students will demonstrate understanding of:

- The Heart
- Heart Health
- Check-Call-Care
- CPR and AED

**Vocabulary:**

- **Atrium**-the top chamber of the heart.
- **Ventricle**-the lower chambers of the heart that help pump blood to the entire body.
- **CPR**-Cardio Pulmonary Resuscitation-compressions that pump oxygen and blood in the event of a cardiac arrest or heart attack.
- **AED**-Automated External Defibrillator-a machine that delivers shock to reset/recharge the heart.



**Time:** 35-40 minutes for presentation and demonstration.

### **Instructional Content:**

*\*\*Use this bulleted list to guide you and keep you on track and meeting all objectives for lesson. Everyone has their own style for teaching, the most important thing is the make it fun and engaging for the kids.\*\**

#### **• Warm up Activities: (5-7 Minutes)**

- **Mini KWL:**
  - Ask students to individually make a mini KWL chart about the Heart, the Circulatory System, and CPR.
    - K-What do you already know about the Heart?
    - W-What do you want to know about the Heart?
- **Entrance Ticket:**
  - Ask students to try to define: Ventricle, Atrium, CPR, AED

#### **• Video:**

- Follow the link:
  - [http://www.snofire7.org/preparedness\\_education/home\\_education\\_lessons/lesson-details.cfm?record\\_id=7](http://www.snofire7.org/preparedness_education/home_education_lessons/lesson-details.cfm?record_id=7)
- Watch Video:
  - Run time: 21:00
- Have students fill out the worksheet as they watch.

#### **• Closure Activities: (5-7 Minutes)**

- **Exit Ticket:**
  - Ask students to use what they learned to add more detail to the definitions they wrote at the beginning of class for the following words:
    - Ventricle, Atrium, CPR, AED
- **Mini KWL:**
  - Ask students to finish the last column for the KWL chart about the Heart, the Circulatory System, and CPR.
  - L-What did you learn?

### **Homework and Enrichment Activities:**

- Heart Worksheets
- First Aid Kit Challenge

### **Handouts:**

- KWL Chart



# MINI KWL CHART



NAME OF STUDENT:

SUBJECT:

LESSON:

**WHAT I  
KNOW:**

**WHAT I  
WANT TO  
KNOW:**

**WHAT I  
LEARNED:**

