Objective: Students will know the importance of exercise and how to find their heartbeat.

Essential Question: Why is exercise important for our bodies?

CST: Care for God’s creation

Materials/Assessment:
- Brainpop video: Fitness
- Video Link: Scishow Kids

Outcomes/Plans:
1. Watch the video from Scishow Kids: [How to feel your heart beat](#)
2. Watch the video on Brainpop about: [Fitness](#)
3. Complete the Brainpop activities on the link.
   - Take the quiz.
   - Then complete the graphic organizer about why fitness is important.
   - Last complete the worksheet. Use information from the scishow kids video on heart beat.
4. Optional: Challenge yourself to move your body. Click the links to try this [superheroes workout](#) or [Kidz Bop Can’t Stop the Feeling!](#)