Aerobic or Anaerobic? Quick Activity

Remind students that the heart works better when it is strong. Because the heart is a muscle, it can be made stronger with regular physical activity or exercise. Explain that there are two types of exercise: aerobic and anaerobic. Aerobic activities use the arm and leg muscles and give the heart (and lungs) a continuous workout. Anaerobic activities build and tone muscles but are not as beneficial to the heart and lungs as aerobic activities.

Write Aerobic and Anaerobic as headings on the chalkboard. Ask students to suggest activities and then classify them by type. Write the names of the activities under the appropriate headings.

**Aerobic**
- brisk walking
- dancing
- jogging
- bicycling
- skating
- swimming
- snow shoveling
- lawn mowing
- leaf raking
- vacuuming

**Anaerobic**
- baseball
- sprinting
- tennis
- weightlifting
- leg lifts
- arm circles
- curl-ups
- dusting
- doing laundry
- washing windows

Ask students to record the list of activities, and then keep a tally of how often they do each of the activities in a week. Have them evaluate the results to see whether they are getting 30-60 minutes of aerobic exercise on most days of the week.