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PRO SCHOLARIS  
ŠKOLA

## Lesson Plan: *Biology*

### Topic: *Heart and vascular system*

#### a) Education objectives:

Students are able to describe the vascular system and justify the effects of movement and diet on the organism.

#### b) Gained knowledge:

Students define the concept of blood circulation, pulse, blood pressure, and can compare the pulse rate when moving and in the individual's room and justify the effect of physical activity on the body.

#### c) Methodology:

- Small Interview
- Discussion
- Work in Groups
- Problem solving
- Demonstration

#### d) Equipment:

- Data projector
- Wall map of the vascular system
- Mobile app (timer)
- Pressure gauge/ fitness watch
- Human torso
- Paper

## Lesson structure

Lesson phase	Tasks and exercises	Methodology and equipment
<b>1. Organisation</b>		
	<ul style="list-style-type: none"> <li>- Greeting</li> <li>- Attendance check</li> <li>- Explaining the lesson objectives and structure</li> </ul>	Laptop Electronic attendance sheet
<b>2. Motivation</b>		
	<ul style="list-style-type: none"> <li>- Arousing the students' interest in gaining information and knowledge using the problem solving</li> <li>- Discussion about results</li> </ul>	Using a group work (max. 6 in a group): pulse and blood pressure measurement during sitting, walking and exercising - squat
<b>3. Practise</b>		
	<ul style="list-style-type: none"> <li>- Exposition of a new topic</li> <li>- Definition of the term blood circulation</li> <li>- Comparison of the results from the problem</li> <li>- Description of the vascular system and physical activity</li> <li>- Description of the individual parts of the vascular system using the human torso and wall map</li> </ul>	Mapa cievnej sústavy  Torzo človeka
<b>4. Summary</b>		
	<ul style="list-style-type: none"> <li>- Revision based of the questions about the topics discussed during the lesson</li> </ul>	Individual answers