

HEART SMART

GRADES: K-6

FORMATION: Standing in their own personal space

EQUIPMENT: None

LEARNING OUTCOMES: Health - Learn about the heart

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/ DIRECTIONS:

1. Teacher will discuss the heart:

- Where is it located? Left side of the chest.
- What size is it? Size of a fist.
- Function? Deliver blood to the body.
- What strengthens the heart? Jumping, swimming, jogging.

(Students will act out each activity)

- What weakens the heart? Inactivity, smoking, unhealthy diet.
- 2. Teacher calls out a habit that strengthens or weakens the heart.
- 3. If the habit strengthens the heart, students will respond by jumping for 15 seconds.
- 4. If habit weakens heart, students will respond by falling down or squatting for 5 seconds.
 - Riding a bike - jump
 - Eating 4 pepperoni pizzas - fall
 - Walking your dog - jump
 - Smoking cigarettes – fall
 - Never going outside to play and watching TV all the time – fall
 - Dancing with your friends – jump
 - Skating – jump
 - Never eating fruits/vegetables – fall
 - Riding a scooter – jump
 - Shooting baskets – jump
 - Playing PlayStation – fall
 - Eating fast food – fall
 - Raking the leaves - jump
 - Washing the car – jump
 - Taking the stairs – jump
 - Taking the elevator – fall
 - Swimming – jump
 - Eating potato chips and Twinkies – fall

Variation:

Have students think of their own habits.