Heart Smart

AGE/GRADE LEVEL: Youth, Grades 2-5

FORMATION: Standing at desks

EQUIPMENT: None; music optional

RULES/DIRECTIONS:
1. Teacher leads a general discussion about the heart. Example:
   - The heart is located in the left-center chest; it’s about the size of your fist. Its function is to deliver blood to the body. Certain types of activities, called cardio or aerobic, are especially good for the heart. Running, playing sports, jumping rope, biking, sledding, and swimming are all good examples. Checking our heart rate tells us if we’re working hard enough to benefit our heart.

2. Teacher leads demonstration of the effects of activity on heart rate:
   - Students check heart rate while resting for 30 seconds, finding pulse either in the wrist or neck and counting the beats.
   - Students record the number and then run in place for 1 to 2 minutes.
   - Students check heart rate and compare. How has it changed? Is your heart working harder when you move? (If not, repeat the test.)

3. Teacher calls out the names of activities that strengthen or weaken the heart. If the activity strengthens the heart, students do 10 jumps. If the activity weakens the heart, students do 5 squats. Upbeat music can be played at this time. Examples:
   - Riding a bike (jump)
   - Eating 4 pepperoni pizzas (squat)
   - Walking your dog (jump)
   - Watching TV (squat)
   - Dancing (jump)
   - Skating (jump)
   - Never eating fruits or vegetables (squat)
   - Shooting hoops (jump)
   - Smoking cigarettes (squat)
   - Jumping rope (jump)
   - Playing PlayStation (squat)

NUTRITION NOTE: Can use with dairy lesson; the heart needs calcium for proper function.