

Name of Activity: **Heart Smart**
Grade Level: 2-5
Formation: Standing at desks
Equipment: None

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.
4. If the habit weakens the heart, students will respond by falling down or squatting.
 - 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:

1. Have students think of their own habits.

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