

ENERGIZERS

Heart Smart (Gr.2-6)

Instructions:

Have students stand at their desks.

1. Teacher will discuss the heart:

- Where it is located? Left side of the chest. (Have students put their hand over their heart)
- What size is it? Size of a fist. (Have students make a fist)
- Function? Deliver blood to the body.
- What strengthens the heart? Jumping, swimming, jogging. (Students 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. If the habit weakens the heart, students will respond by squatting.

Habits:

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| ● Riding a bike – jump | ● Shooting baskets – jump |
| ● Eating 4 pepperoni pizzas – squat | ● Playing PlayStation – squat |
| ● Walking your dog – jump | ● Eating fast food – squat |
| ● Smoking cigarettes – squat | ● Raking the leaves - jump |
| ● Never going outside to play and watching TV all the time – fall | ● Washing the car – jump |
| ● Dancing with your friends – squat | ● Taking the stairs – jump |
| ● Skating – jump | ● Taking the elevator – squat |
| ● Never eating fruits/vegetables – squat | ● Swimming – jump |
| ● Riding a scooter – jump | ● Eating potato chips and Twinkies – squat |

*Suggestion: Have students think of their physical activity and eating habits.