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Heart Smart

Lesson Overview: Students will learn about strengthening the heart while performing physical movements.

Grade Level: 2nd-5th

Lesson Time: 15-30 minutes

Prior Knowledge: A basic understanding of the terms cholesterol, heart rate, and artery.

Content Integration:

- Health
- Physical Education

Corresponding Standards:

Oregon Standards

- Promotion of Healthy Eating
 - Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic disease.
- Fitness for Lifetime
 - Demonstrate knowledge of a physically active lifestyle.

Lesson Objective: Students will learn what strengthens and weakens the heart while doing some physical movements.

Lesson Description:

1. **Lead-in:** Teacher discusses the heart as appropriate for age group.
 - Where is it located? Left side of the chest
 - What size is it? Size of a fist
 - What is its function? To deliver blood to the body
 - What makes the heart stronger? Jumping, swimming, jogging, etc (Students can act out the activities)
 - What makes the heart weaker? Inactivity, smoking, unhealthy diet
2. **Step by Step:** The teacher calls out a habit that strengthens or weakens the heart.
 - If the habit strengthens the heart, students should respond by jumping for 15 seconds (or other as teacher decides).
 - If the habit weakens the heart, students should 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
- Watching TV – fall
- Dancing with your friends – jump
- Doing pushups, curlups, etc. during the commercials of a TV show – 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

3. Closure: Review what activities/habits are heart-healthy

4. Extension or Next Step: To involve students more, have them write down healthy habits or brainstorm them as a class.