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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

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- Walking your dog – jump
- Smoking cigarettes – fall
- Watching TV – fall
- Dancing with your friends – jump
- Doing pushups, curls, 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.