

Heart Smart

Learning Objectives

- I can identify things that are healthy and unhealthy for the heart.
- 1.1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health.
- Body Systems
- a) Identify major body organs (e.g., heart, brain, lungs, stomach) and location of the organs.
- 1.2 The student will explain that good health is related to healthy decisions.
- Body Systems
- a) Describe the importance of having a healthy heart, brain, and lungs.

Teacher Notes

- Post a visual of the heart and a skeleton showing where the heart is located.
- Healthy things for your heart: fruit, vegetables, exercising, water
- Unhealthy things for the heart: junk food, sugar, drugs, alcohol, sitting on the couch
- [Find your heart rate video](#)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Where is your heart located at? Does anyone know where you can check your pulse/heart rate at? How can you strengthen your heart?

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Your Heart is about the size of your fist. You can locate the heart by sliding your fist down to your sternum and then just slightly to the left. You can strengthen your heart by exercising and eating healthy foods.
- Teach where to find your pulse and how to check your heart rate.
- Have students find their pulse with one hand and show their heart rate by pulsing their other fist.

Step 3 (Application – how student will apply/practice new learning)

- Heart Smart Game
 - Students spread out around play area. To start, the teacher calls out something that is good or bad for the heart. If it's good for the heart, students perform a specified exercise. If it's bad for the heart, students perform a different exercise.
 - After a couple rounds, choose a student to be the leader and change the movements.
 - Good for your heart: blueberries, swimming, carrots, walking, dancing, water
 - Bad for your heart: french fries, soda, couch, tv, smoking, video games
 - Actions: jumping, laying on back, jogging in place, push-ups, jumping jacks, squats

- Check pulse after each round to see what happens to your heart rate after exercise.

Assessments

- Ask students questions to check for understanding.
- Show me the size of your heart.
- Show me where your heart is located.
- Show me how to check your heart rate.

Extensions/Connections

- Student application: reflect on daily choices. Name something healthy that I did today. Name something unhealthy that I did today.

Resources/References

- Physhedgames.com
- Heart Smart https://youtu.be/sP80_sJlnT4