



Connects

Grades K-2 *Heart Action*

1. Ask students:

- Do you know what your heart looks like? (*Let students answer.*)
- What does your heart do? (*Your heart pumps blood to all parts of your body- from the top of your head to the tips of your toes. Our blood carries the energy that we need to play, think and grow.*)

2. Show students the picture of the heart.

3. Explain to students:

- The picture is a drawing of a human heart.
- The shape of the human heart is a little different than what we usually think of as a heart shape.
- The top of the human heart shows blood vessels, which are tubes that carry blood all throughout your body to give you the energy to play, think and grow.
- When your heart beats it pushes the blood through the blood vessels so the blood can get to the parts of your body that need energy.
- A human heart is not as big as the heart in the picture.

4. Have students make a fist and place it on the left side of their chest over their heart.

Purpose

Students will learn that their heart is their most important muscle. Students will understand physical activity makes their heart strong.

Supplies needed

- Heart picture
- Modeling clay
- Paper clips — 1 per student

Class time

30 to 40 minutes

Grade Level Expectations

Health/PE

F11EK

F11E2

HE1AK

HE1DK

HE1D1

Food Power Connection

Muscle station

5. Explain to students:

- Their heart is about the same size as their fist.
- Their heart is right under their hand.
- If they flatten out their hand on their chest (as if saying the Pledge of Allegiance) they may be able to feel their heart beating.

6. Give each student a small piece of modeling clay and a paper clip.

7. Tell students that they are going to try to see how often their heart beats. Instruct students to:

- Roll the clay into a ball that is flat on one side.
- Stick the paper clip into the round side of the clay ball.
- Place one arm on their desk with their wrist facing up.
- Place the clay in the center of their wrist.

8. Ask students:

- What do you see? (*The paper clip is moving.*)
- What is causing the paper clip to move? (*Their heart beating and pushing the blood through their veins.*)

9. Once students see the paper clips move have them place the clay on their desk.

10. Explain to students:

- Their heart is a muscle just like the muscles in their arms and legs. (Flex your bicep to show them your muscle.)
- But unlike the other muscles in their body their heart muscle is one muscle they cannot live without.
- Because it is the most important muscle in the body we need to be sure to keep it strong by eating healthy foods and being physically active.

11. Tell students that they are going to do a heart healthy "Simon Says" activity.

Instruct students to:

- Stand by their desks and push their chairs in.
- Perform whatever activity you call out. But only perform the activity if you say, "Simon says" before you name the activity. (*Select activities that will increase the students' heart rates like hopping, marching, running or dancing in place*)

12. After the students have completed several activities have them return to their seats. Have students place the clay back on the inside of their wrists while their arms rest on their desks.

13. Ask students:

- Do you see the paper clip moving now? (*Let students answer.*)
- Is the paper clip moving faster or slower than before? (*Faster*)

14. Explain to students:

- Their hearts are beating faster now because the muscles in their arms and legs need more energy to move. To get the energy to our arm and leg muscles fast enough our hearts have to beat faster.
- Just like other muscles, our hearts get stronger when we make them work a little harder.

15. Ask students:

- What is the most important muscle in your body? (*Heart*)
- How do we keep our hearts strong? (*Physical activity and healthy eating*)
- What activities do you like to do that help keep your heart strong? (*Answers will vary.*)

For more information, call MU
Extension's Show-Me Nutrition Line
at 1-888-515-0016.
Funded in part by USDA's SNAP.
Running out of money for food?
Contact your local food stamp office
or go online to
dss.mo.gov/fsd/fstamp.

UNIVERSITY OF MISSOURI
 **Extension**
an equal opportunity/ADA institution

N2001 New 8/08; Revised 8/09

Human heart



